

Off Peak Rates Yoga & Pilates



New Starting Yoga, Starting Pilates, and Post Natal Yoga classes

Surbiton studio

Off-peak rate of £10 per class for the following classes:



Mondays – 2pm to 3.15pm - Starting Yoga: An active class for beginners. Join this class to energise yourself and prepare for the week ahead. Use the postures to tone and strengthen, and reduce the level of stiffness in your body.

Wednesdays – 12pm to 1pm - Starting Pilates: - an active class for beginners. Strengthen and tone your body.

Wednesdays – 1.30pm to 2.30pm - Post Natal Yoga: A 6-week post-natal course for mums with babies from 6 weeks to 6 months. Bring baby along to watch you. We have found that this afternoon session is an ideal time for babies to enjoy some downtime whilst you stretch out and recharge your batteries.

Thursdays - 2pm to 3.15pm - Starting Yoga: A gentle class for beginners. Use the postures to loosen and limber up and then relax so that you end the week feeling peaceful and refreshed.

Thursdays - 5.45pm to 7pm - Enjoying Yoga: The perfect tonic after work. Enjoy stretching and releasing the day's tension with this flowing yoga class.

'Off-peak' classes are £10 per class. This includes 6 months free membership. Offer open till 18th December.

To book email bookings@boco-uk.com
Or call Reception on 020 8399 3930

Full timetable of 30+ classes per week for all levels and abilities - see our website.

The off peak rate applies only to the classes listed above.

Body Concepts UK Ltd, 6 Electric Parade, Surbiton, Surrey KT6 5NT
www.boco-uk.com

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