



Winter Timetable – Jan 9 - April 5, 2012

<p>Mondays 1930 - 2100 Jan 9 - Apr 5 COURSE PRICE: £145 Dropins:£14</p>	<p>1930 2100</p>	<p>Mondays with Chris James at the Bingham combines a tailor-made class with one of London's most sought after venues by the river Thames. You will leave feeling refreshed, energised, and revitalised with added enthusiasm for your work and the week ahead...</p>	<p>The Bingham Hotel, 61-63 Petersham Road, Richmond Upon Thames, TW10 6UT www.binghamhotel.co.uk</p>
<p>Tuesdays 1900 - 2015 Jan 10 - Apr 6 COURSE PRICE: £125 Dropins:£12</p>	<p>1900 2015</p>	<p>This popular class will help you to alleviate the symptoms of stress and anxiety, maintain a healthy weight and get fit, encourage postural alignment, and increase energy levels and stamina. Book early!!</p>	<p>Christ the Saviour Church, Ealing Broadway, W5 2XA The newly constructed light and warm Parish Hall is located to the side of the church.</p>