



Time to get hot and steamy

BIKRAM Yoga Studio is now offering more classes than ever as the celebrity fitness craze gets even bigger.

The studio in South Quay is running a 9pm class on Mondays and Wednesdays meaning even the busiest people can make it to a class after work.

And for those wanting to step their training up a gear, the next 30-day challenge begins on October 1. People can practice Bikram for 30 days straight to improve their overall wellness and enjoy a 10 per cent discount on their next course.

There are also nine new teachers at the studio who have recently passed their gruelling training.

A yoga clothing sale will be held at the studio on September 25 as well. Discounts will be available on Shakti Activewear to let you sweat in style.

See www.bikramyogalondon.com for more information on all of the above.