

# Yoga With Kasia

www.yogawithkasia.co.uk  
yogawithkasia@outlook.com  
07796-170089

Day	Date	Time	Style	Venue
Monday	06-Sep	9:15 to 10:30am	Gentle Flow Yoga	Zoom
Monday	06-Sep	11:30 to 12:30pm	Strong Flow Yoga	The Studio at Taylor Place
Monday	06-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	07-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	09-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	09-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	10-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	10-Sep	11:30 to 12:30pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	11-Sep	9:00 to 10:00am	Strong Flow Yoga	Zoom
Saturday	11-Sep	10:30 to 11:30am	Strong Flow Yoga	The Studio at Taylor Place
Monday	13-Sep	9:15 to 10:30am	Gentle Flow Yoga	Zoom
Monday	13-Sep	11:30 to 12:30pm	Strong Flow Yoga	The Studio at Taylor Place
Monday	13-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	14-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	16-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	16-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	17-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	17-Sep	11:30 to 12:30pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	18-Sep	9:00 to 10:00am	Strong Flow Yoga	Zoom
Saturday	18-Sep	10:30 to 11:30am	Strong Flow Yoga	The Studio at Taylor Place
Monday	20-Sep	9:15 to 10:30am	Gentle Flow Yoga	Zoom
Monday	20-Sep	11:30 to 12:30pm	Strong Flow Yoga	The Studio at Taylor Place
Monday	20-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	21-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	23-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	23-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	24-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	24-Sep	11:30 to 12:30pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	25-Sep	9:00 to 10:00am	Strong Flow Yoga	Zoom
Saturday	25-Sep	10:30 to 11:30am	Strong Flow Yoga	The Studio at Taylor Place
Monday	27-Sep	9:15 to 10:30am	Gentle Flow Yoga	Zoom
Monday	27-Sep	11:30 to 12:30pm	Strong Flow Yoga	The Studio at Taylor Place
Monday	27-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	28-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	30-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	30-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	01-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	01-Oct	11:30 to 12:30pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	02-Oct	9:00 to 10:00am	Strong Flow Yoga	Zoom
Saturday	02-Oct	10:30 to 11:30am	Strong Flow Yoga	The Studio at Taylor Place

Monday	04-Oct	9:15 to 10:30am	Gentle Flow Yoga	Zoom
Monday	04-Oct	11:30 to 12:30pm	Strong Flow Yoga	The Studio at Taylor Place
Monday	04-Oct	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	05-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	07-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	07-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	08-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	08-Oct	11:30 to 12:30pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	09-Oct	9:00 to 10:00am	Strong Flow Yoga	Zoom
Saturday	09-Oct	10:30 to 11:30am	Strong Flow Yoga	The Studio at Taylor Place

Monday	11-Oct	9:15 to 10:30am	NO CLASSES THIS WEEK	
Monday	11-Oct	11:30 to 12:30pm	NO CLASSES THIS WEEK	
Monday	11-Oct	6:00 to 7:00pm	NO CLASSES THIS WEEK	
Tuesday	12-Oct	8:30 to 9:30am	NO CLASSES THIS WEEK	
Thursday	14-Oct	6:00 to 7:15pm	NO CLASSES THIS WEEK	
Thursday	14-Oct	7:30 to 8:45pm	NO CLASSES THIS WEEK	
Friday	15-Oct	9:15 to 10:30am	NO CLASSES THIS WEEK	
Friday	15-Oct	11:30 to 12:30pm	NO CLASSES THIS WEEK	
Saturday	16-Oct	9:00 to 10:00am	NO CLASSES THIS WEEK	
Saturday	16-Oct	10:30 to 11:30am	NO CLASSES THIS WEEK	

Monday	18-Oct	9:15 to 10:30am	Gentle Flow Yoga	Zoom
Monday	18-Oct	11:30 to 12:30pm	Strong Flow Yoga	The Studio at Taylor Place
Monday	18-Oct	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	19-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	21-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	21-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	22-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	22-Oct	11:30 to 12:30pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	23-Oct	9:00 to 10:00am	Strong Flow Yoga	Zoom
Saturday	23-Oct	10:30 to 11:30am	Strong Flow Yoga	The Studio at Taylor Place