

Yoga With Kasia

www.yogawithkasia.co.uk
yogawithkasia@outlook.com

07796-170089

Day	Date	Time	Style	Venue
Monday	13-Jun	9:15 to 10:15am	Gentle Flow Yoga	The Studio at Taylor Place & Zoom
Monday	13-Jun	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	14-Jun	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	16-Jun	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	16-Jun	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	17-Jun	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	17-Jun	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	18-Jun	9:30 to 10:30am	Strong Flow Yoga	The Studio at Taylor Place & Zoom
Monday	20-Jun	9:15 to 10:15am	Gentle Flow Yoga	The Studio at Taylor Place & Zoom
Monday	20-Jun	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	21-Jun	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	23-Jun	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	23-Jun	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	24-Jun	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	24-Jun	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	25-Jun	9:30 to 10:30am	Strong Flow Yoga	The Studio at Taylor Place & Zoom
Monday	27-Jun	9:15 to 10:15am	Gentle Flow Yoga	The Studio at Taylor Place & Zoom
Monday	27-Jun	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	28-Jun	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	30-Jun	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	30-Jun	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	01-Jul	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	01-Jul	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	02-Jul	9:30 to 10:30am	Strong Flow Yoga	NO CLASS
Monday	04-Jul	9:15 to 10:15am	Gentle Flow Yoga	NO CLASS
Monday	04-Jul	6:00 to 7:00pm	Strong Flow Yoga	NO CLASS
Tuesday	05-Jul	8:30 to 9:30am	Wake up Yoga!	NO CLASS
Thursday	07-Jul	6:00 to 7:15pm	Mixed Ability Yoga	NO CLASS
Thursday	07-Jul	7:30 to 8:45pm	Mixed Ability Yoga	NO CLASS
Friday	08-Jul	9:15 to 10:30am	Gentle Flow Yoga	NO CLASS
Friday	08-Jul	11:15 to 12:15pm	Gentle Flow Yoga	NO CLASS
Saturday	09-Jul	9:30 to 10:30am	Strong Flow Yoga	NO CLASS
Monday	11-Jul	9:15 to 10:15am	Gentle Flow Yoga	The Studio at Taylor Place & Zoom
Monday	11-Jul	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	12-Jul	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	14-Jul	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	14-Jul	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	15-Jul	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	15-Jul	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	16-Jul	9:30 to 10:30am	Strong Flow Yoga	NO CLASS
Monday	18-Jul	9:15 to 10:15am	Gentle Flow Yoga	The Studio at Taylor Place & Zoom
Monday	18-Jul	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	19-Jul	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	21-Jul	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	21-Jul	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	22-Jul	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	22-Jul	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Saturday	23-Jul	9:30 to 10:30am	Strong Flow Yoga	The Studio at Taylor Place & Zoom