

# Yoga With Kasia

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Day	Date	Time	Style	Venue
Monday	15-Apr	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	15-Apr	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	16-Apr	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	18-Apr	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	18-Apr	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	19-Apr	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	19-Apr	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	22-Apr	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	22-Apr	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	23-Apr	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	25-Apr	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	25-Apr	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	26-Apr	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	26-Apr	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	29-Apr	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	29-Apr	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	30-Apr	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	02-May	6:00 to 7:15pm	Mixed Ability Yoga	NO CLASS - MY BIRTHDAY!
Thursday	02-May	7:30 to 8:45pm	Mixed Ability Yoga	NO CLASS - MY BIRTHDAY!
Friday	03-May	9:15 to 10:30am	Gentle Flow Yoga	NO CLASS - MY BIRTHDAY!
Friday	03-May	11:15 to 12:15pm	Gentle Flow Yoga	NO CLASS - MY BIRTHDAY!
Monday	06-May	9:15 to 10:15am	Gentle Flow Yoga	NO CLASS - BANK HOLIDAY
Monday	06-May	6:00 to 7:00pm	Strong Flow Yoga	NO CLASS - BANK HOLIDAY
Tuesday	07-May	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	09-May	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	09-May	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	10-May	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	10-May	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	13-May	9:15 to 10:15am	Gentle Flow Yoga	Zoom only
Monday	13-May	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	14-May	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	16-May	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	16-May	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	17-May	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel & Zoom
Friday	17-May	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place