

Yoga With Kasia

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Day	Date	Time	Style	Venue
Monday	08-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	09-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	11-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	11-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	12-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	12-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	15-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	16-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	18-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	18-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	19-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	19-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	22-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	23-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	25-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	25-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	26-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	26-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	29-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	30-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	02-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	02-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	03-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	03-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	06-Oct	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	07-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	09-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	09-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	10-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	10-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	13-Oct	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	14-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	16-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	16-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	17-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	17-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	20-Oct	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	21-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	23-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	23-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	24-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	24-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place