

Yoga With Kasia

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Day	Date	Time	Style	Venue
Monday	03-Nov	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	04-Nov	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	06-Nov	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	06-Nov	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	07-Nov	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	07-Nov	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	10-Nov	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	11-Nov	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	13-Nov	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	13-Nov	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	14-Nov	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	14-Nov	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	17-Nov	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	18-Nov	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	20-Nov	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	20-Nov	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	21-Nov	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	21-Nov	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	24-Nov	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	25-Nov	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	27-Nov	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	27-Nov	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	28-Nov	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	28-Nov	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	01-Dec	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	02-Dec	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	04-Dec	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	04-Dec	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	05-Dec	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	05-Dec	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	08-Dec	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	09-Dec	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	11-Dec	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	11-Dec	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	12-Dec	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	12-Dec	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place