

Yoga With Kasia

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Day	Date	Time	Style	Venue
Tuesday	01-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	03-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	03-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	04-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	04-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Tuesday	08-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	10-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	10-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	11-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	11-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Tuesday	15-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	17-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	17-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	18-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	18-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Tuesday	22-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	24-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	24-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	25-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	25-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Tuesday	29-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	01-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	01-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	02-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	02-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Tuesday	06-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	08-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	08-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	09-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	09-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Tuesday	13-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	15-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel Westcott
Thursday	15-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel Westcott
Friday	16-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel Westcott
Friday	16-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place