

Yoga With Kasia

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Day	Date	Time	Style	Venue
Monday	02-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	03-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	05-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	05-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	06-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	06-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	09-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	10-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	12-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	12-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	13-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	13-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	16-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	17-Sep	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	19-Sep	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	19-Sep	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	20-Sep	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	20-Sep	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	23-Sep	6:00 to 7:00pm	Strong Flow Yoga	NO CLASSES - HOLIDAY
Tuesday	24-Sep	8:30 to 9:30am	Wake up Yoga!	NO CLASSES - HOLIDAY
Thursday	26-Sep	6:00 to 7:15pm	Mixed Ability Yoga	NO CLASSES - HOLIDAY
Thursday	26-Sep	7:30 to 8:45pm	Mixed Ability Yoga	NO CLASSES - HOLIDAY
Friday	27-Sep	9:15 to 10:30am	Gentle Flow Yoga	NO CLASSES - HOLIDAY
Friday	27-Sep	11:15 to 12:15pm	Gentle Flow Yoga	NO CLASSES - HOLIDAY
Monday	30-Sep	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	01-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	03-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	03-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	04-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	04-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	07-Oct	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	08-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	10-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	10-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	11-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	11-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	14-Oct	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	15-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	17-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	17-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	18-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	18-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place
Monday	21-Oct	6:00 to 7:00pm	Strong Flow Yoga	The Studio at Taylor Place
Tuesday	22-Oct	8:30 to 9:30am	Wake up Yoga!	The Studio at Taylor Place
Thursday	24-Oct	6:00 to 7:15pm	Mixed Ability Yoga	St John's Chapel
Thursday	24-Oct	7:30 to 8:45pm	Mixed Ability Yoga	St John's Chapel
Friday	25-Oct	9:15 to 10:30am	Gentle Flow Yoga	St John's Chapel
Friday	25-Oct	11:15 to 12:15pm	Gentle Flow Yoga	The Studio at Taylor Place