



DAY	TIME	TEACHER	CLASS	LINK TO BOOK
MONDAY	9.00-10.00	Kathryn Carlisle	Yoga	www.kathryncarlisle yoga.com/book-online
	10.15-11.15	Kathryn Carlisle	Yoga	www.kathryncarlisle yoga.com/book-online
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TUESDAY	9.30-10.30	Tina Jeffery	Dynamic Flow Yoga	www.tinajeffery.com/localclasses
	11.00-12.00	Tina Jeffery	Gentle / Beginner Flow Yoga	www.tinajeffery.com/localclasses
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WEDNESDAY	—	—	—	—
	17.30-18.30	Tina Jeffery	Dynamic Flow Yoga	www.tinajeffery.com/localclasses
	18.30-19.30	Tina Jeffery	Dynamic Flow Yoga	www.tinajeffery.com/localclasses
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THURSDAY	—	—	—	—
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FRIDAY	—	—	—	—
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SATURDAY	—	—	—	—
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SUNDAY	—	—	—	—
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