

From: **bajno mal** bmal0333@gmail.com
Subject:
Date: 6 November 2020 at 09:40
To:

BM

ASHBY YOGA: LIVE ZOOM CLASS TIMETABLE

MON: 11.AM (BEGINNERS YOGA CLASS)



TUE: 10.00 AM (HATHA YOGA)



WED: 6PM (YOGA FUSION)



THUR :7PM (HATHA YOGA/VINYASA FLOW)



FRI: 10:00 AM (HATHA/YIN YOGA)

COST: £4 PER HOUR (pay via bank transfer on booking)

**BOOKING: TEXT/MESSAGE OR EMAIL BAJ
([07790558683/bmal0333@gmail.com](mailto:bmal0333@gmail.com))**

**HEALTH FORM MUST BE COMPLETED BEFORE
ATTENDING ANY CLASSES ONLINE**

