

# YOGA SCHEDULE 2018

WWW.THEYOGABEAT.CO.UK



## **TUESDAYS**

Aerial Yoga 6-7pm Beat Studio

Vinyasa 7-8pm Beat Studio

## **WEDNESDAYS**

Kundalini 6:30 -7:30pm Beat Studio

## **SATURDAYS**

Vinyasa 8-9am UCR Summertown

Aerial Yoga 9:30-10:30am Beat Studio

Kundalini 10:30-11.45am Beat Studio

## **SUNDAYS**

Flow Yoga 6-7pm Jericho Community Centre

Kundalini 7-8pm Jericho Community Centre

## **FULL MOONS**

Gong and Mantras 7:30-8pm Beat Studio

**Text for classes at Beat Studio 0740 212 6826**