

Autumn term

7th September – 23rd October 2020

	AM	PM
Monday		5.45-6.45pm Beginners yoga (5 week course), River Mills Ballroom Selby
Tuesday	9.45-10.45am Yoga for Health and Wellbeing Pollington Village Hall	7.30-8.30pm Yoga essentials Orbit Yoga Studio, Eggborough
Wednesday		8-9pm Yoga for Health and Wellbeing River Mills Ballroom, Selby
Thursday		7-8pm Beginners/improvers yoga continued course River Mills Ballroom, Selby
Friday		
Saturday		
Sunday	10.00-11.00am Yoga essentials Orbit Yoga Studio, Eggborough	