

## Timetable

	AM	PM
Monday		<p><b>5.45-6.45pm</b> Candle-lit slow flow yoga River Mills Ballroom, Selby (Intermediate)</p> <p><b>7-8pm</b> Candle-lit slow flow yoga River Mills Ballroom, Selby (All levels)</p>
Tuesday	<p><b>9.45-10.45am</b> Yoga for health &amp; wellbeing Pollington Village Hall (All levels)</p>	
Wednesday		<p><b>7.30-8.30pm</b> Candle-lit slow flow yoga River Mills Ballroom, Selby (All levels)</p>
Thursday		<p><b>7-8pm</b> Yoga for health &amp; wellbeing. Pollington Village Hall (All levels)</p>
Sunday		<p><b>4-6pm</b> Mind, body &amp; soul yoga River Mills Ballroom Selby (Last Sunday of the month) (All levels)</p>