

YOGA FOR ALL - CLASS SCHEDULE

MONDAY	TIME
New Gilston Village Hall - Mixed Ability Class – Beginners Welcome	19:00PM

TUESDAY	TIME
Yvonne Gray Dance Studio, Cupar -Early Bird Class	8.00AM
Realm Chiropractic, Cupar	10:00AM
Haydays, St Andrews	14:45PM

WEDNESDAY	TIME
New Gilston Village Hall	9:00AM

THURSDAY	TIME
YMCA, Cupar	10:00AM

BY APPOINTMENT
1.2.1 Classes – Pitscottie Studio

May 2019