

YOGA FOR ALL - CLASS SCHEDULE

Monday

NEW GILSTON VILLAGE HALL	TIME
Mixed Ability Class – Beginners Welcome	7:30pm – 9:00PM

Tuesday

YVONNE GRAY DANCE STUDIO, CUPAR	TIME
Early Bird Class	8.00AM

Thursday

YMCA CUPAR	TIME
Mixed Ability Class	10:00am to 11:00am

DICKSON HALL, TAYPORT	TIME
Mixed Ability, All abilities welcome	5:30pm to 7:00pm

Tuesday to Sunday

STUDIO PITSCOTTIE	TIME
1-2-1 Classes	

March 2016