



## Online schedule

### MONDAY

18.00-19.00 ONLINE PILATES GOSIA

### TUESDAY

09.30-10.30 ONLINE BEGINNERS PILATES GOSIA

### FRIDAY

09:30-10:30 LIVESTREAM YOGA FLOW 2 STEVE  
18.00-19.00 ONLINE PILATES GOSIA

### SATURDAY

08.00-09.00 LIVESTREAM HATHA YOGA OPEN SALVO  
10.45-11.45 LIVESTREAM PILATES OPEN ALEX

### SUNDAY

10.15-11.15 LIVESTREAM VINYASA FLOW OPEN HASSAN

## CLASS AND STUDIO KEY:

CLASSES LISTED AS LIVESTREAM ARE STREAMED FROM A STUDIO

Read about different classes at:

[www.breezeyoga.co.uk](http://www.breezeyoga.co.uk)

Or call 020 8658 6808

Please note This PDF timetable is subject to change, a live timetable is available to view on our website.

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