



***Yoga for all Abilities***  
***At***  
***Ferryhill Community Centre, Albury Road***

**Mondays**

9.15-10.15am – *Mixed Level Class*

**Tuesdays**

6-7pm – *Slow Flow Yoga*

**Thursdays**

5:45-6:45pm - *Beginners Yoga*

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7-8pm – *Mixed Level Class*

