

HathaGo Zoom Classes for 2024/25

**Work on or off camera at your own pace!
A recording always follows for you to
keep.**

Mondays 5.30pm-6.30pm a
relaxing hour of yin-style
stretches plus
more..Suitable for all
levels. £22 for 4/PAYG
£6.25

Wednesdays 6.20pm-7pm
HathaGo Flow. Flow yoga,
option to use small
weights, abs at the end

Strong! Midweek during the
day tbc each week. A
mixture of weights and
cardio £16 for 4 or £4.95
PAYG

Please contact me to ask any
questions and to sign up.
Everyone is welcome, all abilities!
+44 7876210205

