



JO EASTHAM YOGA



Basic schedule

Monday: 9.15am - 10.45am St Annes Ymca, St Albans Road, St Annes
10.50am - 11.50am St Annes Ymca, St Albans Road, St Annes

6pm - 7.10pm Hewitt Rooms Bannister St, Lytham. DNA4LIFE
7.20pm - 8.30pm Hewitt Rooms Bannister St, Lytham DNA4LIFE

Tuesday: 6pm - 7.30pm Ribby Hall, Wrea Green

Wednesday: 9.15am - 10.45am St Annes Ymca, St Albans Road, St Annes
5pm - 6.30pm St Annes Ymca, St Albans Road, St Annes
6.30pm - 7.30pm Men Only Yoga St Annes Ymca, St Albans Road, St Annes
7.30pm - 9pm St Annes Ymca, St Albans Road, St Annes

Thursday: 9.15am - 10.15am Ribby Hall
6.15pm - 7.15pm Pregnancy Yoga St Annes Ymca, St Albans Road, St Annes
7.30-9pm St Annes Ymca

Friday: 10-11.15am Ribby Hall

The above sessions are suitable for beginners to advanced.

Lytham Sports Fest Saturday 26th Sunday 27th August Yoga 10am, 11am, 12 noon. 50 min classes. £3 per class.
All proceeds to Park View Charity. See www.lythamsportsfest.com (mark Selby)