



# Urban Yogi

Mon

Tues

Wed

Thurs

Fri

Sat

Sun

7.00 - 8.00  
Urban Power

Sat 8.15 - 9.15  
Urban ACP  
course\* 8.15 - 9.15  
Urban Align

9.30 - 10.30  
Urban Power

9.30 - 10.30  
Urban Align

9.30 - 10.30  
Urban Power

9.30 - 10.30  
Urban  
Pregnancy

10.30 - 11.30  
Urban  
Mummie

4.00 - 5.00  
Beginners  
Course\*

4.30 - 5.30  
Urban Power

6.00 - 7.00  
Urban Power

6.00 - 7.00  
Urban  
Pregnancy

6.00 - 7.00  
Urban Basics

6.00 - 7.00  
Urban Power

7.15 - 8.15  
Urban Power

7.15 - 8.15  
Urban Power

7.15 - 8.15  
Beginners  
Course\*

\* bookings required

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