**C L A S S E S I N R O G E R S T O N E**



**M O N D A Y M O R N I N G S**

**A T**

Tydu Community Hall, Welfare grounds, Newport, NP10 9EQ

|  |
| --- |
| **P I L A T E S**9.30 – 10.15am**MUMMY & BABY YOGA****\*Booking is essential – block payment & PAYG options\***10.30 – 11.20am |

\*Please don’t hesitate to contact me to ask any questions\*

Contact Lucy Cummings:

**07510 055 928**

**Lucy.phillips91@hotmail.co.uk**

**Facebook: Yoga with Lucy / @Movement & Wellbeing with Lucy**

** **