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

A logo with colorful circles

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

**A T**

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

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| **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**](mailto:Lucy.phillips91@hotmail.co.uk)

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

**A logo with purple swirls

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