

# Group Class Timetable

DAY	TIME	CLASS	VENUE	LOCATION
Monday	19:15 - 20:15	Yoga	Anytime Fitness	Lewisham, London
Friday	18:00 - 19:00	Vinyasa	More Yoga	Cannon St, London
Saturday	09:00 - 10:00	Morning Flow	More Yoga	Lewisham, London
Saturday	10:10 - 11:10	Ashtanga	More Yoga	Lewisham, London
Saturday	11:20 - 12:20	Vinyasa Flow	More Yoga	Lewisham, London

**Private lessons:** You can email to book a private class: [sarahlucyyoga@gmail.com](mailto:sarahlucyyoga@gmail.com)

**Other Group Classes:** I also teach other ad hoc classes. Check the weekly timetable on Instagram and facebook [@sarahlucyyoga](#) for details of where and when I am teaching each week.