

yoga timetable

monday	tuesday	wednesday	thursday	friday	saturday
12:15 to 13:00 Yoga for Stress Alina Bialek	12:15 to 13:00 Vinyasa Flow Level 1-2 Alina Bialek	7:15 to 8:00 Vinyasa Flow Level 1-2 Alina Bialek	12:15 to 13:00 Vinyasa Flow Level 1-2 Alina Bialek	8:05 to 8:50 Vinyasa Flow Level 1-2 Alina Bialek	11:30 to 12:30 Vinyasa Flow Level 1-2 Alina Bialek
18:00 to 19:15 Vinyasa Flow Level 1-2 Alina Bialek		18:00 to 19:15 Vinyasa Flow Level 1-2 Alina Bialek	17:30 to 18:15 Yoga for Stress Alina Bialek		
		19:30 to 20:30 Yoga Beginners Course Alina Bialek			

200hr Vinyasa Flow Yoga Teacher Training with Alina Bialek - November 2021

Contact at bialek.alina@gmail.com to book an interview

All classes taught in studio and streamed online via Zoom unless otherwise stated. Please book all classes ahead of time.
Beginner courses run in six week blocks and must be booked in advance. Check the Yoga in Moorgate website for course dates.

www.yogainmoorgate.co.uk