

Classes start July 20, 2020

Yoga with Kathryn

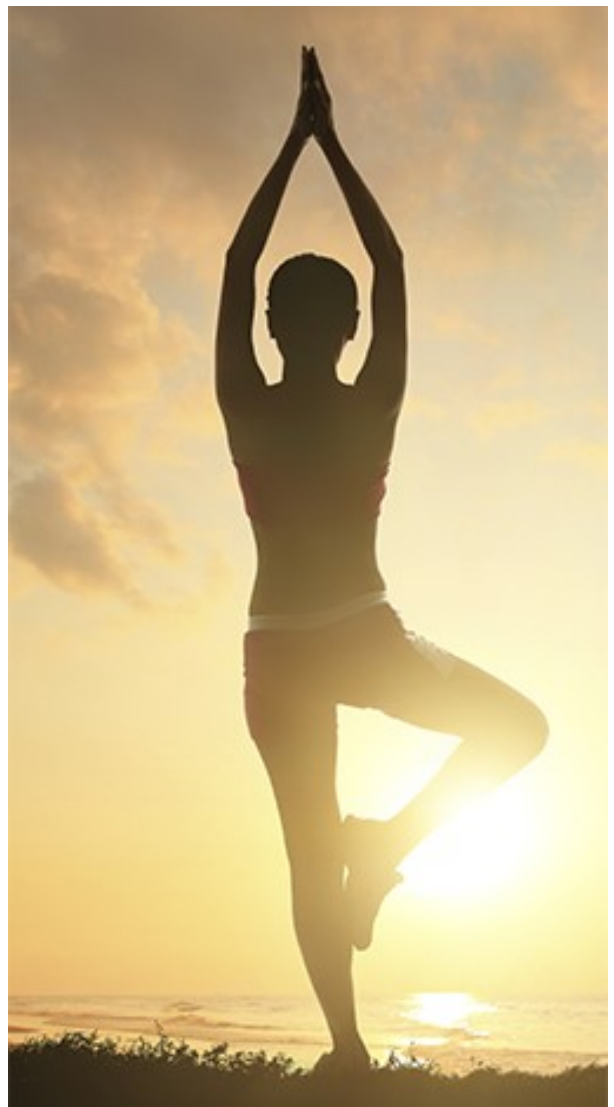
\$8/class

Monday & Wednesday

5:30-6:45pm

Ashtanga yoga with a focus on strength, balance, and flow.

Due to COVID-19 all participants must pre-register at least 1 hour in advance of class. Registration for the week opens the preceding Thursday. Spots may only be reserved for the upcoming week.



Please bring your own mat & props to class.

All participants must have a reserved spot and sign in at the office first.



Lillooet & District REC Centre 930 Main Street 250-256-7527 www.lillooetbc.ca