



TRENYTHON MANOR

# Yoga with Sophie at Trenythron Manor

**Wednesdays, 8am-9am & 9.30am-10.30am**

Leisure Members & Guests - **£2.50pp**

Non-Leisure Members & Guests - **£5.00pp**

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**Open to all levels - from beginners to experienced**

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To book (not essential) call Reception on: **01726 814797**  
or email: **[receptiontrenythron@clcworld.com](mailto:receptiontrenythron@clcworld.com)**

