

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

	<b>9:00am Maureen</b> Gentle Flow Yoga	<b>9:00am Shar</b> Foundation Flow Yoga	<b>9:00am Shar</b> Foundational Flow Yoga		<b>9:00am Linda</b> Hatha Yoga
<b>9:30am Maureen</b> Starting Strong Yoga	<b>10:30am Maureen</b> Yoga Therapeutics		<b>10:30am Maureen</b> Therapeutic Flow Yoga	<b>9:30am Debi</b> Strength, Balance & Beauty	<b>10:30am Tracy</b> MovEx Yoga w/ Props
<b>11:00am Sukhmani</b> Kundalini Yoga		<b>11:00am Sukhmani</b> Kundalini Yoga		<b>11:00am Sukhmani</b> Kundalini Yoga	
					Weekend Workshop See website for info
	<b>6:00pm Bir Jiwan Kuar</b> Intro to Meditation*		<b>5:45pm Maureen</b> Integration Yoga		
		<b>6:00pm Shar</b> Foundational Flow Yoga		<b>6:00pm Linda or Marc</b> Restorative Yoga & Meditation <i>*alternating teachers</i>	
<b>7:00pm Stefanosis</b> Yin Yoga & Sound Bath	<b>7:00pm Tracy</b> MovEx Yoga w/ Props		<b>7:15pm Maureen</b> Therapeutic Flow Yoga		Weekend Workshop See website for info
		<b>7:30pm Stefanosis</b> Beg/Level One Yoga			
<b>8:15pm Linda</b> 1st Timer/Beginning Yoga*					

<b>PRICING:</b>	<b>Single Class \$15</b>	<b>6 Pack (6 for 5) \$75</b>	<b>12 Pack (12 for 10) \$145</b>	<b>Unlimited Month \$130</b>
				Unlimited Classes 10% off Weekend Workshops 1 time use Friend Pass

Mats, Blocks, Blankets, Straps, Bolsters and Pillows provided during class  
 Enroll in advance via the MindBody® App, online, call or text. Walk-ins welcome

\* 45-50 minute class. All other classes 60-70 minutes



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