

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30am Maureen All Level Hatha	9:00am Maureen All Level Hatha 10:30am Maureen Yoga Therapeutics	New Class TBA	9:00am Maureen All Level Hatha 10:30am Maureen Yoga Therapeutics	9:30am Jenni Gentle Hatha	9:00am Linda Hatha Yoga 10:30am Tracy Move-Ex Yoga w/ Props
11:15am Cindy Kundalini Yoga		11:15am Cindy Kundalini Yoga		11:15am Cindy Kundalini Yoga	Weekend Workshop See website for info
	4pm Becky Relax, Renew & Restore Yoga				
6:00pm Stefanosis Intro to Yoga Basics	6:00pm Lorrie Prime of Life Yoga (POLY)	6:00pm Becky Stretch & Restore Yoga	6:00pm Maureen All Level Hatha		
7:15pm Stefanosis Yin w/ Sound Bowls	7:15pm Tracy Move-Ex Yoga w/ Props	7:30pm Stefanosis Beg/Level One Yoga	7:30pm Maria Hoga	Weekend Workshop See website for info	

PRICING:	Single Class \$15	6 Pack (6 for 5) \$75	12 Pack (12 for 10) \$145	Unlimited Month \$130
				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
All classes 60-70 minutes



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