



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am Patty Mat Pilates					
	9:00am Maureen All Level Hatha	9:00am Patty Mat Pilates	9:00am Maureen All Level Hatha		9:00am Linda Heart & Body Hatha Yoga
9:30am Maureen All Level Hatha				9:30am Jenni Gentle Hatha	
	10:30am Maureen Yoga Therapeutics	10:30am Tracy Whole Body Yoga	10:30am Maureen Yoga Therapeutics		10:30am Tracy Movement Exploration with Props
	4:00pm Becky Relax, Renew, Restore				Afternoon Workshops <i>See Website for Details</i>
6:00pm Stefanosis Intro to Yoga Basics	6:00pm Lorrie Prime of Life Yoga™	6:00pm Becky Mid Week Stretch & Restore	6:00pm Maureen All Level Hatha	Evening Workshops <i>See Website for Details</i>	
7:15pm Stefanosis Yin Yoga w/ Soundbowl	7:15pm Tracy Movement Exploration with Props	7:30pm Stefanosis Beginning Intro to Flow Yoga	7:30pm Linda Hoga: Hemp Oil + Yoga		

Classes are approximately 60-70 minutes. All supplied are included (mats, straps, blocks, blankets, bolsters and pillows).

Pricing: Single Class: \$15 6 pack of Classes \$75 12 pack of Classes \$145 Unlimited 30 days \$130

Refer-A-Friend Program: Bring a friend, you'll be entered to a drawing for a free class.
When your friend purchases a package, you receive a complimentary class. No Limit!

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