

Boulevard Yoga & Healing Arts

Weekly Yoga Class Schedule -

Monday

| | | |
|--------------|-------------|----------|
| 8:30-10:00AM | Beginner* | Tonya |
| Noon-1:00PM | Mixed Level | Amy |
| 5:30-7PM | Beginner | Brooke |
| 7:15-8:15PM | Restorative | Margaret |

Tuesday

| | | |
|-------------|-------------|-------|
| Noon-1PM | Mixed Level | Stacy |
| 5:30-7PM | Vinyasa | Amber |
| 7:15-8:15PM | Beginner | Beth |

Wednesday

| | | |
|-------------|--------------|-------|
| Noon-1PM | Gentle | Sally |
| 5:30-7PM | Beginner | Elise |
| 7:30-8:30PM | Adv. Restore | Elise |

Thursday

| | | |
|-------------|-------------|----------|
| Noon-1PM | Mixed Level | Sally |
| 5:30-7PM | Vinyasa | Jennifer |
| 7:15-8:15PM | Gentle | Donna |

Friday

| | | |
|-------------|-------------|-------|
| Noon-1:00PM | Mixed Level | Amy |
| 5:30-6:30PM | Beginner* | Jamie |

Saturday

| | | |
|-----------------|-------------|----------|
| 9:30-11AM | Vinyasa | Jennifer |
| 11:30AM-12:30PM | Chair Yoga* | Beth |
| 3:30-5:00PM | Gentle | Beth |

Sunday

| | | |
|-----------------|--------------|-------|
| 10:30AM-12:00PM | Beginner* | Amber |
| 4-5:30PM | Restorative* | Elise |

(*) These classes are donation/package.

New Student Special: \$30 for one month of unlimited yoga!

Full list of pricing is on our website boulevardyoga.com or at the front desk.

Please check the website "yoga classes" for any updates and our "home page" for any class cancellations due to holidays, weather, or weekend workshops.

Thank you!