

# **Boulevard Yoga & Healing Arts**

## **Weekly Yoga Class Schedule -**

**(updated 5/2018)**

<b>Monday</b>		
<b>8:30-10:00AM</b>	<b>Beginner*</b>	<b>Tonya</b>
<b>Noon-1:00PM</b>	<b>Mixed Level</b>	<b>Amy</b>
<b>5:30-7PM</b>	<b>Beginner</b>	<b>Stacy</b>
<b>Tuesday</b>		
<b>Noon-1PM</b>	<b>Mixed Level</b>	<b>Stacy</b>
<b>5:30-7PM</b>	<b>Vinyasa</b>	<b>Amber</b>
<b>7:15-8:15PM</b>	<b>Beginner</b>	<b>Beth</b>
<b>Wednesday</b>		
<b>Noon-1PM</b>	<b>Gentle</b>	<b>Sally</b>
<b>5:30-7PM</b>	<b>Yoga Shred Flow</b>	<b>Sally</b>
<b>Thursday</b>		
<b>Noon-1PM</b>	<b>Mixed Level</b>	<b>Sally</b>
<b>5:30-7PM</b>	<b>Vinyasa</b>	<b>Jennifer</b>
<b>Friday</b>		
<b>Noon-1:00PM</b>	<b>Mixed Level</b>	<b>Amy</b>
<b>5:30-6:30PM</b>	<b>Beginner*</b>	<b>Jamie</b>
<b>Saturday</b>		
<b>9:30-11AM</b>	<b>Vinyasa</b>	<b>Jennifer</b>
<b>11:30AM-12:30PM</b>	<b>Chair Yoga*</b>	<b>Beth</b>
<b>3:30-5:00PM</b>	<b>Gentle</b>	<b>Beth</b>
<b>Sunday</b>		
<b>10:30AM-12:00PM</b>	<b>Beginner*</b>	<b>Amber</b>

**(\*) 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](http://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!**