

SCHEDULE

Monday

Yoga PRO Beginner 10-11:30 AM
Traditional Hatha Yoga Beginner 12-1:15 PM
Yoga PRO Intermediate 7-8:30 PM

Tuesday

Yoga PRO Gentle 10-11:15 AM
Rejuvenate 12-12:50 PM
Classical Hatha Yoga 7-8:30 PM

Wednesday

Yoga for Weight Loss 12:30-1:30 PM
Yoga PRO Beginner 5-6:30 PM
Sri Sri Yoga - Level 1 7-8:30 PM

Thursday

Traditional Hatha Yoga Beginner 10-11:15 PM
Yoga PRO Beginner 12-1:30 PM
Yoga PRO Gentle 5-6:15 PM
Yoga PRO Beginner 7-8:30 PM

Saturday

Yoga PRO Beginner 10-11:30 PM
Yoga PRO for Runners 12-1:30 PM