

Mind/Body class schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gentle Yoga 9a.m.		Yoga 9:30a.m.		Yoga** 9:30a.m.	Yoga 10:30a.m.
Yoga 5:30 p.m. 2/6and 2/13 only	Yoga 5:30p.m. Begins 2/14	Gentle yoga 5:30p.m.	Yoga** 5:30p.m.		

*****THERE IS NO GENTLE YOGA FEBRUARY 5- MARCH 12.*****

- All classes are held in the classrooms
- ** classes are limited to 20 participants.
- We encourage you to bring your own mat.

