



Schedule of Classes Spring 2019

Monday

All Levels Hatha	10 – 11:30 a.m.	Kymbr
Gentle	12 – 1:15 p.m.	Kymbr
Level 1+	6 – 7:15 p.m.	Bonnie

Tuesday

All Levels Hatha	9:30 – 10:45 a.m.	Liz
Chair Yoga	Noon – 1:05 p.m.	Wendy
Gentle Yoga	1:30 – 2:45 p.m.	Patty
Evening Slow Flow	6 – 7:15 p.m.	Monique

Wednesday

All Levels Hatha	10 – 11:30 a.m.	Wendy/Bonnie
Gentle	12 – 1:15 p.m.	Wendy/Bonnie
Level 1-2	6 – 7:15 p.m.	Bonnie

Thursday

All Levels Hatha	9:30 - 10:45 a.m.	Liz
Gentle	1:30 – 2:45 p.m.	Wendy

Friday

Rest, Relax, Restore	6 – 7:30 p.m.	Bonnie
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Saturday

Gentle	8:45 – 10 a.m.	Patty
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Sunday

All Levels Hatha	9:30 – 11 a.m.	Wendy/Bonnie
Gentle	11:15 a.m. – 12:30 p.m.	Wendy/Bonnie

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