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## Winter 2014 Class Schedule

## Starts Jan 6th , 2014

## Kindly check website for Holiday/Long Weekend updates

# Beginner Hatha Yoga Series, All Levels, Drop In

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  | | --- | --- | | Mon | 6 AM | 9:30 AM | 5:30 PM | 7:30 PM | | **Tue** | **9:30 AM | 3:30 PM | 5:30 PM | 7:30 PM** | | **Wed** | **6 AM | 9:30 AM | 5:30 PM | 7:30 PM** | | **Thurs** | **9:30 AM | Noon | 3:30 PM | 5:30 PM | 7:30 PM** | | **Fri** | **6 AM | 9:30 AM | 4:30 PM | 6:30 PM \*** | | **Sat** | **8 AM | 10 AM | 4:30 PM** | | **Sun** | **10 AM | 3 – 4 PM + | 4:30 PM** | |

**\* Half Price Drop In Class**

**+ Meditation Class (call to inquire re dates, fees)**