

Yoga Schedule

mon	tue	wed	thu	fri	sat
			7:30 - 8:30 am Yoga Wake-Up		
9:00 - 10:00 am gentle beginner	9:30 - 10:30 am prenatal	9:00 - 10:00 am gentle beginner	9:00 - 10:00 am restorative	9:00 - 10:00 am gentle beginner	
10:00 - 11:00 am dynamic flow	10:30 - 11:30 am baby & me yoga	10:00 - 11:00 am dynamic flow	10:00 - 11:00 am pranayama	10:00 - 11:00 am dynamic flow	10:00 - 11:30 am gentle all levels
			11:10 - 12:10 am baby & me west african dance Lynn/MoonDanceArts		
			3:30 - 4:30 pm youth acro yoga	4:00 - 5:00 pm aerial dance	
5:30 - 7:00 pm gentle all levels Nicola	5:30 - 7:00 pm gentle all levels Robin	5:30 - 7:00 pm gentle all levels Nicola	5:30 - 7:00 Asana Dance Lynn	5:00 - 6:30 aerial dance advanced/Tania	
7:15 - 8:45 pm dynamic flow Nicola	7:15 - 8:45 pm partner/acro yoga all levels	7:15 - 8:45 pm dynamic flow Nicola	7:15 - 8:45 pm back care injury prevention		