

Yoga Nook Yoga Schedule

MONDAY

9.00	10.15AM		YOGA LEVEL 1&2	CINDI/JESSICA
10.30	11.30AM	*	EZ. BEGINNER TO LEVEL 1	CINDI/JESSICA
5.15	6.15 PM	*	YOGA CIRCUIT. ALL LEVELS	JENI
6.30	7.45 PM		YOGA LEVEL 1&2	JENI
8.00	9.00 PM	*****	WORKSHOP SERIES. SEE WEB FOR DETAILS	

TUESDAY

8.30	9.45 AM		YOGA LEVEL 1&2	KELLY
10.00	11.00AM	*	20/20/20 ALL LEVELS	CINDI
11.30	12.30 PM		SPECIAL M.S. CLASS 10 WEEK SERIES	JENI
5.15	6.30 PM		SWEET VINYASSA LEVEL 1&2	BARB D.
6.45	7.45 PM	*	SLOW DEEP STRETCH	LISA DV

WEDNESDAY

6.00	7.00AM		EARLY BIRD YOGA Core & L1	RACHEL
9.00	10.15AM		YOGA LEVEL 1	KELLY
10.30	11.30AM	*	CHAIR YOGA (CHOGA)	YASA
5.15	6.15 PM	*	YOGA CORE ALL LEVELS	CINDI
6.30	8.00 PM		STRONG VINYASSA LEVEL 2/3	ALISON

THURSDAY

8.30	9.45 AM		YOGA LEVEL 1&2	ROBIN
10.00	11.00AM	*	YOGA CIRCUIT ALL LEVELS	KELLY
5.15	6.30 PM		YOGALEVEL 1&2	CINDI
6.45	7.45 PM	*	A.I.M YOGA FOCUS LEVEL 1	JENI

FRIDAY

6.00.	7.00AM		EARLY BIRD YOGA Core & L1	RACHEL
9.00	10.15AM		YOGA FOCUS LEVEL 1&2	JENI
10.30	11.30AM	*	"STRESS LESS" YOGA GENTLE RELAXATION	JESSICA
12.00	1.00PM		SPECIAL M.S. CLASS 10 WEEK SERIES	LISA DV

1ST FRIDAY OF EACH MONTH *****

7.00	8.30PM	*	"STRESS LESS" GENTLE DEEP RELAXATION	STAFF
------	--------	---	--------------------------------------	-------

SATURDAY

8.30	9.45AM		YOGA LEVEL 2&3	JEANNETTE
10.00	11.00AM	*	20/20/20 ALL LEVELS	JEANNETTE

SUNDAY

9.00	10.00 AM	*	20/20/20 ALL LEVELS	BARB.A
10.15	11.30AM		YOGA LEVEL 1 & 2	RACHEL
4.00	5.00 PM	*	CORE & SLOW DEEP STRETCH	JESSICA
5.15	6.15 PM	*	"STRESS LESS" GENTLE RELAXATION	JESSICA