

yoga downtown

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Welcome!

Winter Schedule

January 10 - March 29, 2010 / no classes Feb 14 - 15

Our current schedule is:

Sunday	4:30pm - 5:45pm	Multi-Level (6 mos exp req)
Monday Monday	12noon - 1pm 5:30pm - 6:45pm	Multi-Level (6 mos exp req) Beginner
Tuesday Tuesday Tuesday	12noon - 1pm 5:30pm - 6:45pm 7:30pm - 8:45pm	Beginner Multi-Level (6 mos exp req) *Partner Yoga (All Levels) *this class begins on Feb 2
Wednesday Wednesday	12noon - 1pm 6pm - 7:15pm	Multi-Level (6 mos exp req) Beginner
Thursday Thursday	12noon - 1pm 6:15pm - 8:15pm	Beginner Intermediate (perm'n req'd)
Friday	5:45pm - 6:45pm	Friday Chill (All Levels)
Saturday Saturday	10am - 11:15am 1:30pm - 2:45pm	Beginner Pre-Natal (All Levels)

Please note that the following classes have been cancelled:

Monday	7am - 8:15am	Multi-Level (6 mos exp req)
Thursday Thursday	10am - 11:15am 4:30pm - 5:45pm	Gentle (All Levels) Beginner