

Yoga Balance

CLASS SCHEDULE (as of Sept 2018)

MONDAY

5:30 PM - 6:30 PM GENTLE/BASIC

TUESDAY

9:30 AM - 10:30 AM GENTLE/BASIC FLOW

WEDNESDAY

9:30 AM - 10:30 AM BASIC FLOW

12:00 PM - 1:00 PM RESTORATIVE

7:15 PM - 8:15 PM BASIC FLOW

THURSDAY

9:30 AM - 10:30 AM YOGA with STRENGTHENING

12:00 PM - 1:00 PM GENTLE/BASIC

6:30 PM - 7:30 PM RESTORATIVE YOGA (*Melissa DeNapoli*)

SATURDAY

9:00 AM - 10:00 AM GENTLE/BASIC FLOW

For your first class, please arrive 10 minutes early to complete registration forms and discuss any questions or issues you may have.

A single class (or drop in) is \$12. 5 class pack for \$55. 10 class pack for \$100. A monthly package (unlimited classes) is available for \$75. 10% discount on class packages for Seniors (65+) and for new students on their 1st visit.

Lisa McKernan

www.yogabalanceinc.com

lisa.yogabalance@gmail.com

847-807-1508