

Yoga Balance

CLASS SCHEDULE (as of 10/15/18)

TUESDAY

9:30 AM - 10:30 AM

GENTLE/BASIC FLOW

5:30 PM - 6:30 PM

GENTLE/BASIC

WEDNESDAY

9:30 AM - 10:30 AM

BASIC FLOW

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.

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