

Yoga Balance



CLOSED DEC 25 - DEC 26

THURSDAY (12/27)

9:30 AM - 10:30 AM

BASIC/GENTLE FLOW

FRIDAY (12/28)

9:30 AM - 10:30 AM

BASIC/GENTLE FLOW

SATURDAY (12/29)

9:00 AM - 10:00 AM

BASIC/GENTLE FLOW

TUESDAY (1/1)

9:00 AM - 9:45 AM

GENTLE - FREE at the Grayslake Park District

WEDNESDAY (1/2)

7:00 PM - 8:00 PM

YOGA with STRENGTHENING

Our regular schedule will resume on Thursday, January 3rd

Merry Christmas and Happy New Year