

CLASS SCHEDULE

SPRING 2018



Effective 4/2/18

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No scheduled classes - Private instruction available by appointment	7:30 a.m. Coffee Express, 30 min.	10:00 a.m. Balanced Self	7:30 a.m. Coffee Express, 30 min.	9:30 a.m. Beginner Yoga	7:30 a.m. Balanced Self 9:30 a.m. Beginner Yoga	
	2:00 p.m. Relax & Retired					

Prices

Drop in \$15
 5 at \$14 per class
 10 at \$13 per class
 Coffee Express classes \$10

What To Bring

Layered comfortable clothing
 Mat (or borrow one at no extra charge)
 No fragrances

Additional Options

Private Instruction
 Beginner and Intermediate Workshops
 Pop Up Classes, Workshop Sign-Ups, Schedule changes
 and other announcements on Facebook