

YOGA & MEDITATION WEEKLY CLASSES



TUESDAY

10 - 11.15 AM
**IYENGAR YOGA
BEGINNERS**

8 - 9.30 PM
IYENGAR YOGA I



WEDNESDAY



8.45 - 10 PM
**IYENGAR YOGA
BEGINNERS**

THURSDAY

8 - 9.30 PM
IYENGAR YOGA I



FRIDAY

11 - 12.15 PM
**IYENGAR YOGA
BEGINNERS**

6 - 7.30 PM
**OSHO
MEDITATIONS***

>>> *Not weekly /
for dates check
our website or
facebook page

SATURDAY

10 - 11.30 AM
HEART YOGA

