

March 2020 Class Schedule

Please visit yogageauga.com for details and updates

| Day | Time | Class |
|-----------|---|--|
| Monday | 10:00-11:30ish am 4:15-4:45pm ** **1st and 3rd Mon. 5:00-6:15 pm 6:30-8:00 pm | Gentle Yoga (Alison) Yoga Sculpt (Mary) ***\$5 Drop-In Vinyasa (Mary) Beyond Basics (Mary) |
| Tuesday | 10:00-11:15 am **3rd Tuesday 6:30-7:45 pm | Truly Gentle (Liz) **Restorative (Jeanette) |
| Wednesday | 10:00-11:30ish am 5:00-6:00 pm 6:15-7:15 pm | Gentle Yoga (Alison) Vinyasa (Mary) Vinyasa (Mary) |
| Thursday | 4:15-5:15 pm 5:30-6:45 pm 7:00-8:15 pm | Yoga Sculpt (Donna) Gentle Yoga (Jeanette) Beyond Basics (Jennifer) |
| Friday | 9:00-10:10 am | Slow Flow (Ann) |
| Saturday | 9:00-10:15 am 10:30-11:45ish am | Vinyasa (Molly) Basics (Molly) |
| Sunday | No Classes | |

Class passes: Drop-In \$14, 5-Class \$60, 10-Class \$108, 30-day unlimited \$116. *New Students*: First class \$10 or 3 for \$25

yogageauga.com

440.552.4724

yoga for you