

Core Yoga+Pilates

Current Schedule

Monday

Yoga Flow	Beginner 101	5:15 – 6:15 pm (Jan. 9 – Feb. 27)
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Tuesday

Yoga Flow Themes	Medium Level	5:15 - 6:30 pm (Jan. 10 – Feb. 28)
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Wednesday

Yoga Flow	Beginner 102	5:15 - 6:15 pm (Jan. 11 – Feb. 29)
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Thursday

Meditation+Breath Practice (Pranayama) (Registered & Drop-in)	All Levels	5:15 - 6:15 pm (Jan. 12 – Feb. 30)
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Pilates	Mixed Level	6:30 - 7:30 pm (Jan. 12 – Feb. 30)
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NOTE: All classes are 8 week registered sessions.
Drop-ins are welcome providing there is space in class.

Please go to [Contact/Registration](#) link for more information.