

# Core Yoga+Pilates

## Upcoming Schedule

### Monday

Yoga Flow	Beginner 101	5:30 - 6:30 pm (Registered) <b>(March 12 – April 30) 8 weeks</b>
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### Tuesday

Yoga Flow Themes	Medium	5:30 - 6:45 pm (Registered) <b>(March 6 – April 24) 8 weeks</b>
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### Wednesday

Yoga Flow	Beginner 102	5:15 - 6:15 pm (Registered) <b>(March 7 – April 25) 8 weeks</b>
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### Thursday

Yoga Flow	Mixed Level	12:10 - 1:00 pm (Registered) <b>(March 8 – April 26) 8 weeks</b>
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Meditation+Breath Practice (Pranayama)	All Levels	5:15 - 6:15 pm (Registered) <b>(March 8 – April 26) 8 weeks</b>
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Pilates	Mixed Level	6:30 - 7:30 pm (Registered) <b>(March 8 – April 26) 8 weeks</b>
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**Note:** Drop-ins welcome providing there is space in class. Go to the Contact/Registration Link for more information.