

Village Yoga class schedule 1/2/12-5/31/12

Adult classes are suitable for all-levels of experience.
Series classes are noted with *** and require pre-registration.

Sunday			
4-5:15 pm	Viniyoga	Tiffany	
Monday			
10-11:15 am	Gentle Flow	Lisa	
12:30-1:20 pm	Pilates Mat	Sue	
2:30-3:30 pm	Parent & Baby Yoga ***	Jordan	Babies 0-24 months old
6-7:15 pm	Vinyasa Flow	Lisa	
Tuesday			
6-7:00 am	Vinyasa Flow	Lisa	
3:45-4:30 pm	Childrens Yoga***	Lisa	5 years old and up
7-8:15 pm	Hatha	Terra Leigh	
Wednesday			
10-11:15 am	Seniors Chair Yoga	Lisa	Seniors
1:00-2:15 pm	Vinyasa Flow	Judy	
3:30-4:15 pm	Childrens Yoga***	Judy	3 and 4 year olds
4:45-5:30 pm	Childrens Yoga***	Judy	5 years old and up
7-8:15 pm	Vinyasa Flow	Judy	
Thursday			
10-11:15 am	Vinyasa Flow	Judy	
12:30-1:20 pm	Pilates Mat	Sue	
3:45-4:30 pm	Childrens Yoga***	Judy	5 years old and up
5-6:00 pm	Sports Yoga***	Judy	Tweens & Teens
7-8:15 pm	Vinyasa Flow	Jordan	
Friday			
9-10:15 am	Yoga Core	Judy	
10:30-11:15 am	Childrens Yoga***	Judy	3 years olds and up
11:45-1:00 pm	Gentle Flow	Judy	
Saturday			
9:30-10:30 am	PreNatal Yoga	Lisa	
12:30-1:45 pm	Vinyasa Flow	Judy	
2:15-3:30 pm	Beginners Yoga***	Judy	

Visit www.villageyoga.com for full class descriptions
and details about adult and kids series classes.

CLOSED: January 1, April 8, May 28