

DARTMOUTH

446-YOGA (9642)

This Schedule is in effect June 7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:30						Vinyasa Flow Level 1 to 2 Kim C	
9:30	Relax & Renew All Levels Gail	Flow Level 1 Moirá	Gentle Flow Intro/Level Kim D	Relax & Renew All Levels Jeannine	Flow Level 1 to 2 Kim C		
10:00						Yoga Basics Workshop 90 minute class August 7	
11:00			Parent & Babe Bev		Yoga for Active Seniors Kim C		
1:00			Restorative Yoga Kim C Max. 10 people Please call the morning of to reserve your spot				
3:00				Yoga for Kids Elementary Age \$40 Brandy Aug 5-26			
4:00							Flow Level 1 to 2 Moirá
5:00				Detox Flow Level 1 Barbara			
6:00	Hot Flow All Levels Jackie				Hot Flow All Levels Colleen		
6:30		Core Yoga Level 1 Bryan	Flow Intro/Level 1 Brandy	Prenatal Yoga Bev Aug 26		Karma Classes Gentle Yoga at Conrad's Beach All Levels by Cash Donation Kim C Aug 14	
7:30	Ashtanga Influenced Intro/Level 1 Jacqueline			Karma Class July 16 All Levels (cash donation to Swim10 event in support of the homeless in our community) Kim			Power Vinyasa Level 1 Renee
8:00		Gentle Flow Intro/Level 1 Barbara	Flow Level 1 to 2 Kim C	Power Vinyasa Level 1 to 2 Bev			

Please call in advance to Register