



Bedford Schedule

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Registration now open for our Intro To Yoga Program, Pre-Natal Program and Mom & Baby Program. Classes commence in September. Please call to register as space is limited.

PLEASE NOTE:  Classes in green require [pre-registration on-line](#) or by calling 832.9642 | Classes in white are drop-in classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:45am						Power Vinyasa Flow Level 1-2 Bryan	Vinyasa Flow Intro/Level 1 Emilie
9:30am	Hot Yoga Level 1-2 Michelle	Vinyasa Flow Level 1 Michelle	Core Yoga Level 1-2 Caelin	Iyengar Yoga Level 1-2 David	Hot Power Yoga Level 1-2 Lori		
10:15am						Intro to Yoga Michelle Sept 10th	Core Yoga Level 1-2 Emilie
12:05pm						Yoga for Kids ages 4 - 11 Caelin Sept 10th	
1:30pm	Relax & Renew all levels Starts Sept. 19th Brenda	Mom and Babe Sept 13th under age 1 Helen					
4:30pm							Hot Flow Yoga Intro/Level 1 Michelle
5:45pm					Vinyasa Flow Level 1-2 Maira		
6:00pm	Vinyasa Flow Intro/Level 1 Caelin	Hot Power Yoga Level 1-2 Maira	Hot Flow Yoga Level 1 Melissa	Intro to Yoga 6 weeks Michelle September 8th			Hot Flow Yoga Level 1-2 Michelle
7:30pm	Ashtanga Influenced Level 1-2 Bryan	Vinyasa Flow Intro/Level 1 Maira	PRE-NATAL YOGA , Bev Sept 7th	Vinyasa Flow Intro/Level 1 Michelle			

All classes are 75 minutes unless otherwise noted

Please call in advance to register 902.832.9642