

*Monday*

*7:00am Hatha Yoga with Debra Berardi*

*11:00am Intro to Yoga Basics 4-Week Series Sign-Up*

*6:00pm Yin Yoga 4-Week Series Sign-Up*

*Tuesday*

*9:05am Yang Yoga & 11:00am Yin Yoga*

*12:15pm Kundalini Yoga 4-Week Series Sign-up*

*Wednesday*

*11:00am Yin/Restorative Yoga 4-Week Series Sign-up*

*5:45pm Yang Yoga*

*Thursday*

*9:05am Yang Yoga & 11:00am Yin Yoga*

*12:15pm Kundalini Yoga 4-Week Series Sign-up*

*Friday*

*7:00am Hatha Yoga with Debra Berardi & 9:05am Warrior Yoga*

*11:00am Pre-Natal Yoga 4-Week Series Sign-up*

*4:30pm Youth Yoga 5-Week Series Sign-up*

*6:00pm Rock and Roll Yoga Special Events*

*Saturday*

*9:30am Yin/Yang Yoga*

*2-4pm Workshops*

*Sunday*

*5pm Restorative Yoga with Debra Berardi*

