

Class Schedule MARCH 2019



Monday

- 8-9 am Functional Flow Yoga w/Sara Close (donation) (subbed 3/4, Sarah V)
- 9:30-10:30 am Yoga Basics Plus w/Jackie(subbed 3/25, Sefi)
- 11-12 Aligned and Well Therapeutic Yoga w/Jackie (subbed 3/25, Sefi)
- 3-4:15 pm NIA w/Kathi (donation) (final class 3/18)
- 5:15-6:30 pm Restorative and Yoga Nidra w/Jackie (final class 3/18)

TUESDAY:

- 8-9 am Ball Blast w/Sefi
- 9:15-10:15 am Matworks Pilates w/Sefi
- 11-12noon Gentle Yoga 55+ w/Janet (donation)

WEDNESDAY:

- 8-9 am Barre w/Emily
- 9:30-10:30 am Yin/Yang Yoga w/Megan (final class 3/6)
- 11-12 Gentle Yoga 55+ w/Janet (donation)

THURSDAY:

- 8-9 am Kundalini Yoga w/Rene (donation)
- 9:30-10:30 am Yoga Basics Plus w/Jackie
- 11-12 Aligned and Well Therapeutic Yoga w/Jackie (subbed on 3/21, Sefi)
- 3-4:30 pm Singing for Fun w/Jeanette (donation) (final class 3/14)

FRIDAY:

- 8-9 am Ball Blast w/Sefi
- 9:15-10:15am Matworks Pilates w/Sefi
- 11-12 Gentle Yoga 55+ w/Janet (donation) (final class 3/22)
- 3-4 pm Vinyasa Yoga w/Sarah Van Der Stad

SATURDAY:

- 8-9 am Movement, Mantra and Meditation w/Jackie (FREE) (final class 3/9)
- 9:30-10:30 am Yin/Yang Yoga w/Megan(subbed 3/16&3/30, Sara C.)(subbed 3/23,Sarah V)

SUNDAY:

- 9-10:15 am Kundalini Yoga w/Rene (donation)

Janet's final class is 3/22. Megan's final class is 3/9. Jeanette's final class is 3/14. Kathi's final class is 3/18.

*Schedule subject to change. Please check www.yogagardenbaja.com/schedule for latest. v3.6.19