

Class Schedule APRIL 2019



MONDAY:

- 8-9 am Barre w/Emily (final class 4-15)
- 9:30-10:30 am Yoga Basics Plus w/Jackie (final class 4-22)
- 11-12 Aligned and Well Therapeutic Yoga w/Jackie (final class 4-22)

TUESDAY:

- 8-9 am Ball Blast w/Sefi (final class 4-9)
- 9:15-10:15 am Matworks Pilates w/Sefi (final class 4-9)

WEDNESDAY:

- 8-9 am Barre w/Emily (final class 4-10)

THURSDAY:

- 8-9 am Kundalini Yoga w/Rene (donation) (final class 4-25)
- 9:30-10:30 am Yoga Basics Plus w/Jackie (final class 4-25)
- 11-12 Aligned and Well Therapeutic Yoga w/Jackie (final class 4-25)

FRIDAY:

- 8-9 am Ball Blast w/Sefi (final class 4-12)
- 9:15-10:15am Matworks Pilates w/Sefi (final class 4-12)
- 3-4 pm Vinyasa Yoga w/Sarah Van Der Stad (final class 4-19)

SATURDAY:

- 8-9 am Barre w/Emily (final class 4-13)
- 9:30-10:30 am Yoga with Sarah V. (final class 4-20)

SUNDAY:

- 9-10:15 am Kundalini Yoga w/Rene (donation) (final class 4-21)

*Schedule subject to change. Please check www.yogagardenbaja.com/schedule for latest. v2/4.6.19