

Yoga Garden Class Schedule – March 2020

MONDAY:

- 8-9 am **Vinyasa Flow Yoga** w/ Sarah
- 9:30-10:30 am **Yoga Basics Plus** w/Jackie
- 11-12 noon **Aligned and Well Therapeutic Yoga** w/Jackie
- 5-6:15 pm **Restorative Nidra Yoga** w/Megan (final class 3-23)

TUESDAY:

- 8-9 am **Ball Fusion** w/Sefi
- 9:15-10:15 am **Matworks Pilates** w/Sefi
- 11-12 noon **Gentle Yoga 55+** w/Janet

WEDNESDAY:

- 8-9 am **Barre** w/Emily
- 9:30-10:30 am **Flow Yoga** w/Megan (final class 3-25)
- 11-12 noon **Gentle Yoga 55+** w/Janet
- 3-4:30 pm **Singing for Fun** w/Jeanette

THURSDAY:

- 8-9 am **Vinyasa Yoga** w/Kim Bolin (subbed by Megan 3-19 &26, cancelled 3-12)
- 9:30-10:30 am **Yoga Basics Plus** w/Jackie
- 11-12 noon **Aligned and Well Therapeutic Yoga** w/Jackie

FRIDAY:

- 8-9 am **Ball Fusion** w/Sefi
- 9:15-10:15 am **Matworks Pilates** w/Sefi
- 11-12 noon **Gentle Yoga 55+** w/Janet (subbed by Jackie 3-6)
- 3-4 pm **Explore and Restore Yoga** w/Sarah

SATURDAY:

- 8-9 am **Movement, Mantra and Meditation** w/Jackie (100% donation class)
- 9:30-10:30 am **Slow Flow Yoga** w/Megan (subbed by Sarah 3-28)

SUNDAY:

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

All classes are 100 pesos mxn unless otherwise stated. Please visit our website at www.yogagardenbaja.com to check out the class descriptions and instructor bios. Class schedule is subject to change without notice. V1/2.26.20