

YOGA GARDEN SCHEDULE
SESSION #1: November 16 – December 27, 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

TUESDAY:

8-9 am Ball Fusion w/Sefi
9:30-10:30 am Matworks Pilates w/Sefi
11-12 noon Tai Chi w/Hans (8-week series beginning December 8) (all levels)

WEDNESDAY:

No Wednesday classes during Session #1

THURSDAY:

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
9:30-10:30 am Matworks Pilates w/Sefi

SATURDAY:

9-10 am Slow Flow Yoga w/Megan

SUNDAY:

No Sunday classes during Session #1

Reservations and pre-payment are required for each class session. Please check the class descriptions and contact the individual instructors to reserve your space for the session.

To sign up for Session #1 classes, please contact:

Jackie jackiereeves1002@gmail.com
Sefi sefiheld@gmail.com
Hans hansheld@gmail.com
Megan bajachakra@gmail.com
Sarah losbarrilesyoga@gmail.com
Rene spielmann444@gmail.com
Janet jampaulson@gmail.com