

Yoga Cville Schedule for Apr 1-30

	Morning	Morning	Afternoon	Evening
Mondays				5:30 – 6:45 pm Level I (75min) Polina
Tuesdays	9:30 – 10:45 am Level I (75min) Mary	9:30 – 11:00 am Level II (90min) Amy		5:30 – 6:45 pm Continuing Beginner (75min) Anne
Wednesdays		9:30 – 10:45 am Level I-II (90min) Mary		5:30 – 6:45 pm Level I-II (75min) Polina
Thursdays	9:30 – 10:30 am Gentle (60min) Mary			5:30 – 6:45 pm Level II (75min) Anne
Fridays		9:30 – 10:45 am Level I (75min) Carol	11:00 am – 12:15 pm Sutras Study & Meditation (75min) Sandra	
Saturdays	10:15 am – 12:15 pm Pranayama w/Mary Bridle Apr 20	9:00 – 10:00 am Intro to Iyengar (60min) Anne and Mary		
Sundays		9:30 – 10:45 am Level I-II (75min) Amy	11:00 am – 12:15 pm Yin (75min) Rebecca	

ZOOM ONLY CLASSES

IN-STUDIO and ZOOM CLASSES

IN-STUDIO ONLY CLASSES

ROTATING WORKSHOP TOPIC