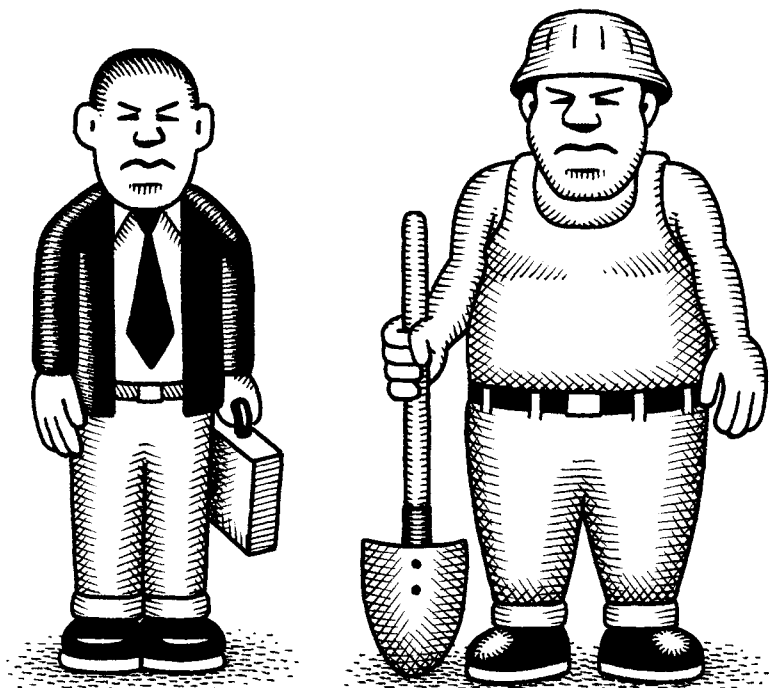


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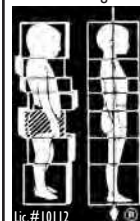
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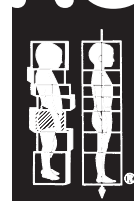
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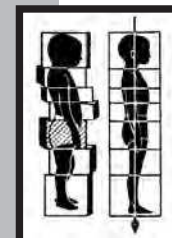
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MONDAY
7:00-8:00am
Beginning Yoga
w/ Jay
5:45-7:00pm
Yoga Flow w/
Anita
7:15-8:15pm
Meditation w/
Yochanan

TUESDAY
8:15-9:00am
Meditation w/
Glen
9:00-10:30am
Intermediate
Yoga w/ Glen
5:45-7:00pm
Hatha Yoga
w/Anita

WEDNESDAY
7:00-8:00am
All Levels
Yoga w/ Jay
9:00-10:00am
Lifeforce Fit
Yoga w/ Jay
11:00-12:00pm
Teen Yoga
w/ Jay

THURSDAY
9:00-10:30am
All Levels
Yoga w/ Jay
5:45-7:00pm
Prenatal Yoga
w/ Nancy
7:15-8:30pm
Yoga/Pilates Flow
w/ Nancy

FRIDAY
8:00-9:00
Lifeforce Fit
Yoga w/ Jay
9:15-10:15
Family Yoga
w/ Jay(Bring the kids)
10:30-11:45
Mama Baby Yoga
w/ Anita (Starts Aug.)



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