

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 8:45-10:00 am Flow Yoga All Levels with Amy	2 8:45-10:00 am Whole Body Yoga All Levels with Mary
3 9:30-10:45 am Sunday Yoga teacher TBD	4 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels Off the Mat 5:15-6 UpLevel 6-7:15 pm with Donna	5 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth	6 5:30-6:45 pm Flow Yoga All Levels with Donna	7 Beginner Friendly Yoga with Donna 6-7:15 pm	8 8:45-10:00 am Flow Yoga All Levels with Amy	9 8:45-10:00 am Whole Body Yoga All Levels with Mary
10 9:30-10:45 am Sunday Yoga with Steve	11 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels Off the Mat 5:15-6 UpLevel 6-7:15 pm with Donna	12 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth	13 5:30-6:45 pm Flow Yoga All Levels with Donna	14 Beginner Friendly Yoga with Donna 6-7:15 pm	15 8:45-10:00 am Flow Yoga All Levels with Amy	16 8:45-10:00 am Whole Body Yoga All Levels with Mary
17 9:30-10:45 am Sunday Yoga teacher TBD	18 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels Off the Mat 5:15-6 UpLevel 6-7:15 pm with Donna	19 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth	20 5:30-6:45 pm Flow Yoga All Levels with Donna	21 Beginner Friendly Yoga with Donna 6-7:15 pm	22 8:45-10:00 am Flow Yoga All Levels with Amy	23 8:45-10:00 am Whole Body Yoga All Levels with Mary
24 9:30-10:45 am Sunday Yoga with Steve	25 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels Off the Mat 5:15-6 UpLevel 6-7:15 pm with Donna	26 5:00-6:15 pm Fit Flow with Edna 6:30-7:45 pm Restorative Yoga with Beth	27 5:30-6:45 pm Flow Yoga All Levels with Donna	28 Beginner Friendly Yoga with Donna 6-7:15 pm		

RATES:

Class Pass:

1 class for \$15

4 for \$46

6 for \$66

10 for \$105

22 for \$220

GOOD FOR ONE YEAR.

**New student
special, 2
weeks for \$35!
Start anytime.**

**Off the Mat
cost \$10 per,
or \$38 for four
consecutive
sessions.**

Mats, blankets and
blocks are available at
the studio.

We also offer gift
certificates.

Call 603-726-1013
or email [blyogaclasses@
gmail.com](mailto:blyogaclasses@gmail.com) for more
information.

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