

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9/30 9:30-10:45 am Sunday Yoga with Steve	1 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna	2 5:00-6:15 pm Yoga Basics with Steve 6:30-7:45 pm Restorative Yoga with Beth	3 5:30-6:45 pm Flow Yoga All Levels with Donna	4 4:30-5:45 pm Flow Yoga All Levels with Edna	5 5:30-6:45 pm Flow Yoga All Levels with Leslie	6 8:45-10:00 am Flow Yoga All Levels teacher TBD
7 9:30-10:45 am Sunday Yoga with Amy	8 Columbus Day No Classes	9 5:00-6:15 pm Yoga Basics with Mary 6:30-7:45 pm Restorative Yoga with Beth	10 5:30-6:45 pm Flow Yoga All Levels with Donna	11 4:30-5:45 pm Flow Yoga All Levels with Edna	12 5:30-6:45 pm Flow Yoga All Levels with Leslie	13 8:45-10:00 am Flow Yoga All Levels with Mary
14 9:30-10:45 am Sunday Yoga with Mary	15 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna	16 5:00-6:15 pm Yoga Basics with Mary 6:30-7:45 pm Restorative Yoga with Beth	17 5:30-6:45 pm Flow Yoga All Levels with Donna	18 4:30-5:45 pm Flow Yoga All Levels with Edna Beginners' Yoga with Donna 6-7:15 pm	19 5:30-6:45 pm Flow Yoga All Levels with Leslie	20 8:45-10:00 am Flow Yoga All Levels with Mary
21 9:30-10:45 am Sunday Yoga with Amy	22 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna	23 5:00-6:15 pm Yoga Basics with Steve 6:30-7:45 pm Restorative Yoga with Beth	24 5:30-6:45 pm Flow Yoga All Levels with Donna	25 4:30-5:45 pm Flow Yoga All Levels with Edna Beginners' Yoga with Donna 6-7:15 pm	26 5:30-6:45 pm Flow Yoga All Levels with Leslie	27 8:45-10:00 am Flow Yoga All Levels with Mary
28 9:30-10:45 am Sunday Yoga with Steve	29 9:30-10:45 am 4:00-5:15 pm Flow Yoga All Levels 5:30-8pm UpLevel Class with Donna	30 5:00-6:15 pm Yoga Basics with Steve 6:30-7:45 pm Restorative Yoga with Beth	31 5:30-6:45 pm Flow Yoga All Levels with Donna	New student special, 2 weeks for \$35! Start anytime. Restorative and Beginner's Yoga Return This Month!		

RATES:

Class Pass:

1 class for \$15
4 for \$46
6 for \$66
10 for \$105
22 for \$220

GOOD FOR ONE YEAR.

UpLevel Classes

1 class for \$30
4 for \$110
12 for \$300

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.

www.yoga-nh.com