



# Springtime Weekly Class Schedule

*starts April 1st*

## Monday

9:00 - 10:30am  
11:00 - 12:30pm  
5:00 - 6:15pm  
7:00 - 8:15pm

Amy Jo  
Amy Jo  
Cathy  
Jen

Mindfulness in Motion  
Gentle  
Aligned Flow \*\*  
Basics & Beyond

## Tuesday

9:00 - 10:30am  
4:00 - 5:30pm  
6:00 - 7:00pm

Donna  
Amy Jo  
Amy Jo

Foundational Flow *new!*  
Afternoon Pick-Me-Up  
Relaxation & Meditation

## Wednesday

9:00 - 10:30am  
5:00 - 6:30pm  
7:00 - 8:15pm

Jen  
Cathy  
Lindsey

Basics & Beyond  
Align & Restore  
Gentle

## Thursday

4:00 - 5:30pm  
6:00 - 7:30pm

Amy Jo  
Amy Jo

Afternoon Pick-Me-Up  
Evening Pick-Me Up

## Friday

9:00 - 10:30am  
11:00 - 12:30pm

Amy Jo  
Amy Jo

Mindfulness in Motion  
Gentle

## Saturday

9:00 - 10:30am  
11:00 - 12:15pm

Jen  
Jen

Weekend Wake-Up  
Basics & Beyond

## Sunday

8:30 - 10:00am  
10:30 - 12:00pm

Cathy  
Cathy

Align & Refine \*\*  
Basics with ball massage

### NEW STUDENT SPECIAL:

**\$20 for 2 WEEKS**  
**unlimited classes**

Try us out & see which classes  
work best for you!

**\*\* please have at least 6 months of yoga experience before attending this class.**

**For class descriptions & more info, please visit us at**  
**[www.bodhitree-yoga.com](http://www.bodhitree-yoga.com)**