



Winter Weekly Class Schedule

as of December 12



Monday

9:00 - 10:30am	Amy Jo	Mindfulness in Motion
11:00 - 12:30pm	Amy Jo	Gentle
5:00 - 6:15pm	Cathy	Aligned Flow **
7:00 - 8:15pm	Jen	Yoga Strength

Tuesday

9:00 - 10:30am	Donna	Breathe & Explore
4:00 - 5:30pm	Amy Jo	Afternoon Pick-Me-Up
6:00 - 7:00pm	Amy Jo	Relaxation & Meditation

Wednesday

9:00 - 10:30am	Jen	Basics & Beyond
5:00 - 6:30pm	Cathy	Hips, Shoulders, Core
7:00 - 8:15pm	April	Soulful Flow & Restore

Thursday

4:00 - 5:30pm	Amy Jo	Afternoon Pick-Me-Up
6:00 - 7:30pm	Amy Jo	Evening Pick-Me Up

Friday

9:00 - 10:30am	Amy Jo	Mindfulness in Motion
11:00 - 12:30pm	Amy Jo	Gentle

Saturday

9:00 - 10:30am	Jen	Weekend Wake-Up
11:00 - 12:15pm	Jen	Basics & Beyond

Sunday

8:30 - 10:00am	Cathy	Align & Refine **
10:30 - 12:00pm	Cathy	Basics with ball massage
4:00 - 5:15pm	Jen G.	Sunday Sweet & Steady

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