



Winter Weekly Class Schedule

starts Sunday, December 1st



Monday

| | | |
|-----------------|--------|-----------------------|
| 9:00 - 10:15am | Amy Jo | Mindfulness in Motion |
| 10:45 - 12:00pm | Amy Jo | Gentle |
| 5:00 - 6:15pm | Cathy | Aligned Flow ** |
| 7:00 - 8:15pm | Jen | Yoga Strength |

Tuesday

| | | |
|----------------|--------|-------------------------|
| 9:00 - 10:15am | Donna | Breathe & Explore |
| 4:15 - 5:30pm | Amy Jo | Afternoon Pick-Me-Up |
| 6:00 - 7:00pm | Amy Jo | Relaxation & Meditation |

Wednesday

| | | |
|----------------|-------|--------------------------------------|
| 9:00 - 10:15am | Jen | Basics & Beyond |
| 5:00 - 6:15pm | Cathy | Hips, Shoulders, Core |
| 6:30 - 7:30pm | April | Candlelit Move & Restore NEW! |

Thursday

| | | |
|---------------|--------|----------------------|
| 4:15 - 5:30pm | Amy Jo | Afternoon Pick-Me-Up |
| 6:00 - 7:15pm | Amy Jo | Evening Pick-Me Up |

Friday

| | | |
|-----------------|--------|-----------------------|
| 9:00 - 10:15am | Amy Jo | Mindfulness in Motion |
| 10:45 - 12:00pm | Amy Jo | Gentle |

Saturday

| | | |
|-----------------|-----|-----------------|
| 9:00 - 10:15am | Jen | Weekend Wake-Up |
| 10:45 - 12:00pm | Jen | Basics & Beyond |

Sunday

| | | |
|-----------------|-------|--------------------------|
| 8:30 - 10:00am | Cathy | Align & Refine ** |
| 10:30 - 11:45am | Cathy | 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