

TWSDY Adult Class Schedule 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Adult Hatha (Classical) Yoga with Theresa 11:00 AM – 12:00 PM			*NEW * Adult Chair Yoga with Theresa 10:00 AM – 11:00 AM		Prenatal Yoga with Pam (All Trimesters) 11:00 AM – 12:00 PM
			Adult Hatha (Classical) Yoga with Theresa 11:30 AM – 12:30 PM		
	Adult Tap with Elizabeth 6:15 PM – 7:15 PM	Adult Contemporary with Anna 7:00 PM – 8:00 PM	*NEW*Yoga Foundations with Pam 6:30 PM -7:30 PM	Adult Advanced Ballet with Anna 6:30 PM – 7:30 PM	
Adult Beginner Ballet with Anna 7:30 PM – 8:30 PM	Adult Vinyasa Yoga with Mary 7:15 PM – 8:15 PM	Adult Kundalini Yoga with Aaron 8:00 PM – 9:00 PM	Yin Yoga with Pam 7:30 PM – 8:30 PM		