

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Early Bird Yoga</b> Vanessa 7:00 - 8:00 AM All Levels	<b>Pilates Plus</b> Dawn 8:30 - 9:30 AM All Levels	<b>Early Bird Yoga</b> Vanessa 7:00 - 8:00 AM All Levels		
<b>Qigong</b> Bozena 11:30 - 12:30 PM All Levels	<b>Pilates Plus</b> Dawn 8:45 - 9:40 AM Level 2-3	<b>Beginners' Yoga</b> Vanessa 10:00 - 11:00 AM Level 1	<b>Office Hour</b> Vanessa 10:00 - 11:00 AM Chat, questions, etc.	<b>Balancing Yoga</b> Vanessa 10:00 - 11:00 AM Level 2-3	<b>Enthusiasts' Yoga</b> Vanessa 10:00 AM - 12:00 PM Level 3-4 *asana includes inversions
<b>Chair Yoga</b> Mary 1:30 - 2:30 PM Seniors	<b>Balancing Yoga</b> Vanessa 10:00 - 11:00 AM Level 2-3		<b>Tai Chi</b> Laurie 4:00 - 5:00 PM Beginners +	<b>Qigong</b> Bozena 11:30 - 12:30 PM All Levels	
<b>Step &amp; Sculpt</b> Dawn 5:30 - 6:30 PM All Levels	<b>Belly Dance</b> Vanessa 5:30 - 6:30 PM All Levels	<b>Pilates Plus</b> Dawn 5:30 - 6:30 PM All Levels	<b>Belly Dance</b> Vanessa 5:30 - 6:30 PM All Levels		



Class rates vary by teacher/class. Please visit our website or contact us for class details:

Dawn 916-801-5570

Mary 541-425-0742

Bozena 541-425-0332

Laurie 541-373-3206

Vanessa 458-205-1685