

Yoga Group Class Schedule

Monday

10:30 am	Slow Moving Yoga - With Lynn (pay in cash to instructor)
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Tuesday

8:30 am	Vinyasa Flow Yoga - With Meghan
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Thursday

8:30 am	Vinyasa Flow Yoga - With Meghan
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Friday

8:30 am	Vinyasa Flow Yoga - With Meghan
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Saturday

9:00 am	Slow Moving Yoga - With Lynn (pay in cash to instructor)
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