

Yoga For Every Body Class Schedule

March 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
	Lynda	Karen	Lynda	Karen		
	9:30am – Blissful Basics	5:30pm – Continuing*	5:30pm - Continuing	9:15am – Continuing*		
		7:15pm – Continuing*	7:15pm – Intro/Magic4			
7	8	9	10	11	12	13
	Lynda	Karen	Lynda	Karen		
	9:30am – Blissful Basics	5:30pm – Continuing*	5:30pm - Continuing	9:15am – Continuing*		
		7:15pm – Continuing*	7:15pm – Intro/Magic4			
14	15	16	17	18	19	20
	Lynda	Karen	Lynda	Karen		Lynda
	9:30am – Blissful Basics	5:30pm – Continuing*	5:30pm - Continuing	9:15am – Continuing*		10am
		7:15pm – Continuing*	7:15pm – Intro/Magic4			All Levels
21	22	23	24	25	26	27
	Lynda	Karen	Lynda	Karen		
	9:30am – Blissful Basics	5:30pm – Continuing**	5:30pm - Continuing	9:15am – Continuing*		
		7:15pm – Continuing*	7:15pm – Intro/Magic4			
28	29	30	31			
	Lynda	Karen	Lynda			
	9:30am – Blissful Basics	5:30pm – Continuing*	5:30pm - Continuing			
		7:15pm – Continuing*	7:15pm – Intro/Magic4			

Intro/Magic 4 – a shorter class for new students (60 Minutes)

Blissful Basics – for new students and continuing students who love relaxing into basic poses! (75 Minutes)

Continuing* - includes a wider variety of poses

*Not open to new students (90 Minutes)

Single Class - \$15

When paying in advance for the 2 month session:

Intro/Magic4 = \$8 per class

All other classes paid in advance for 2 month session:

One class per week = \$12 per class

Two classes per week = \$9 per class

Yoga For Every Body Class Schedule

April 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Karen 9:15am – Continuing*	2	3
<p>*At this time, Karen is not accepting new students. New Students are encouraged to attend Lynda's Intro/Magic4 or Blissful Basics classes.</p>						
4	5 Lynda	6 Karen	7 Lynda	8 Karen	9	10
		5:30pm – Continuing* 7:15pm – Continuing*		9:15am – Continuing*		
	NO CLASS		NO CLASSES			
11	12 Lynda	13 Karen	14 Lynda	15 Karen	16	17 Lynda
	9:30am – Blissful Basics	5:30pm – Continuing* 7:15pm – Continuing*	5:30pm - Continuing 7:15pm – Intro/Magic4	9:15am – Continuing*		10am All Levels
18	19 Lynda	20 Karen	21 Lynda	22 Karen	23	24
	9:30am – Blissful Basics	5:30pm – Continuing* 7:15pm – Continuing*	5:30pm - Continuing 7:15pm – Intro/Magic4	9:15am – Continuing*		
25	26 Lynda	27 Karen	28 Lynda	29 Karen	30	
	9:30am – Blissful Basics	5:30pm – Continuing* 7:15pm – Continuing*	5:30pm - Continuing 7:15pm – Intro/Magic4	9:15am – Continuing*		

Yoga For Every Body
On Binghamton's South Side
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