

# SPRING YOGA SERIES



## APRIL

Mon, 20, 27

Thurs, 16

Dynamic

Restorative

7 am - 8:30 am

4:30 pm - 5:30 pm

## MAY

Mon 4, 11, 18, 25

Thurs, 14

Dynamic

Restorative

7 am - 8:30 am

4:30 pm - 5:30 pm

## JUNE

Mon 1, 8, 15, 29

Thurs, 11

Dynamic

Restorative

7 am - 8:30 am

4:30 pm - 5:30 pm