

Spring Yoga Series



All class times in pdt

April

Sunday: 7	Dynamic Yoga	9 am - 10:30 am
Monday: 8, 15, 22, 29	Dynamic Yoga	7 am - 8:15 am
Thursday: 18	Restorative Yoga	7:15 pm - 8:15 pm

May

Sunday: 5	Dynamic Yoga	9 am - 10:30 am
Monday: ALL	Dynamic Yoga	7 am - 8:15 am
Thursday: 16	Restorative Yoga	7:15 pm - 8:15 pm

June

Sunday: 2	Dynamic Yoga	9 am - 10:30 am
Monday: 3, 17, 24	Dynamic Yoga	7 am - 8:15 am
Thursday: 20	Restorative Yoga	7:15 pm - 8:15 pm