



## The Yoga Place

Monday	8:30-10:00am	All Levels	Sam
	4:00 -5:30pm	Level I Cont.	Chris
	6:00 -7:30pm	Level II/III	Chris
Tuesday	8:30 -10:00am	Level I Cont.	Rachel
	10:15-12:15pm	Level III	Chris
	3:00- 4:15pm	Ageless Level I	Chris
	5:15- 6:45pm	Level I Cont.	Jenelle
	7:00-8:15pm	Level I	Jenelle
Wednesday	10:30-12:00pm	Ageless Level I	Francie
	4:30-6:00pm	Level II	Chris
	6:15-7:30pm	Level I	Chris
Thursday	8:15-9:30am	Level I	Pam
	10:00-11:30am	Mixed Levels	Francie
Friday	8:30-10:00am	Level I Cont.	Francie
	10:30-12:00pm	Ageless Level I	Francie
Saturday	9:00-10:30am	Mixed Levels	Francie
Sunday	9:00-10:30am	Dynamic Practice	Jarad

*See website for pricing and signup*

[www.yogalacrosse.com](http://www.yogalacrosse.com)

