



THE YOGA PLACE

Winter 2023 Jan – Mar

Monday	9:00-10:15am	Ageless Beginners (Studio)	Pam
	4:30 -5:45pm	All Levels (Hybrid)	Chris
Tuesday	8:30 -10:00am	All Levels (Hybrid)	Hallie
	10:30-12:30pm	Advanced (Zoom)	Chris
	3:30- 3:45pm	Mixed Levels (Hybrid)	Jennie
	5:15-6:30pm	All Levels (Zoom)	Jenelle
	5:30-7:00pm	Monthly Series Jan: 8-Limbs	Jennie
Wednesday	8:30 -10:00am	Refine&Strength (Hybrid)	Jennie
	10:30-12:00pm	Mixed Levels (Studio)	Francie
	4:30-5:45pm	Beginning Yoga (Studio)	Pam
Thursday	9:00-10:15am	Ageless Beginners (Studio)	Pam
	5:30-7:00pm	Refine&Strength (Hybrid)	Jennie
Friday	8:30 -10:00am	All Levels (Hybrid)	Jennie
	10:30-12:00pm	Ageless (Zoom)	Francie
Saturday	9:00-10:15am	Level 1 / 2 (Zoom) <i>starts 1/21</i>	Rachel

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