



THE YOGA PLACE

Winter 2023 March Updates

Monday	9:00-10:15am	Ageless Beginners (Studio)	Pam
	4:30 -6:00pm	Refine&Strength (Hybrid)	Chris
	6:15 -7:15pm	Beginning Yoga 6-weeks (Studio)	Chris
Tuesday	8:30 -10:00am	Mixed Levels (Hybrid)	Rachel
	10:30-12:30pm	Advanced (Hybrid)	Chris
	3:30- 3:45pm	Ageless Contin'g (Studio)	Pam
	5:15-6:30pm	Mixed Levels (Zoom)	Jenelle
	5:30 -7:00pm	Explore Your Core: Series	Chris
Wednesday	7:00 -7:45am	Good Morning Yoga (Hybrid)	Pam
	7:00 -7:45am	Pranayama 4 week Series	Chris
	10:30-11:45am	Ageless Contin'g (Studio)	Francie
	4:30-5:45pm	Yoga Fundamentals (Studio)	Pam
Thursday	9:00-10:15am	Ageless Beginners (Studio)	Pam
	5:30-7:00pm	Refine&Strength (Hybrid)	Hallie
Friday	8:30 -10:00am	Mixed Levels (Hybrid)	Hallie
	12:10 -12:55pm	Community Class (Studio)	Hallie
	10:30-11:45am	Ageless Contin'g (Zoom)	Francie
Saturday	9:00-10:15am	Level 1 / 2 (Zoom)	Rachel

