



THE YOGA PLACE

MAY 2023

Monday	9:00-10:15am	Ageless Beginners (Studio)	Hallie
	4:30 -6:00pm	Refine&Strength (Hybrid)	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
Wednesday	10:30-11:45am	Ageless Contin'g (Studio)	Francie
	4:30-5:45pm	Yoga Fundamentals (Studio)	Pam
	5:30-6:30 pm	Beginners 6-wk Series (Studio)	Pam
Thursday	7:30-8:30 am	Beginners 6-wk Series (Studio)	Pam
	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
	10:30-11:45am	Ageless Contin'g (Zoom)	Francie

www.yogalacrosse.com

**NOTE: No classes on Monday May 29,
Memorial Day**

