



THE YOGA PLACE

Spring 2024

Monday	9:00-10:15am	Ageless Beginners (Studio)	Hallie
	4:30-6:00pm	Refine&Strength (Hybrid)	Chris
Tuesday	8:30 -10:00am	Refine&Strength (Hybrid)	Rachel
	10:30-12:30pm	Advanced Yoga (Hybrid)	Chris
	3:30- 3:45pm	Ageless Contin'g (Studio)	Jennie
	5:15-6:30pm	Fundamentals (Studio)	Jennie
	5:15-6:30pm	Mixed Levels (Livestream)	Jenelle
Wednesdays	10:30-11:45am	Ageless Contin'g (Studio)	Francie
	5:15-6:30pm	Beginning Yoga 8-wk Series (Studio)	Rachel Ends May 22
	6:45-7:30pm	Pranayama 8-wk Series (Hybrid)	Rachel Ends May 22
Thursday	9:00-10:15am	Ageless Beginners (Studio)	Pam
	5:30-7:00pm	Refine&Strength (Hybrid)	Jennie
Friday	8:30 -10:00am	Mixed Levels (Hybrid)	Hallie
	10:30-11:45am	Ageless Contin'g (Zoom)	Francie
Saturday	9:00-10:15am	Mixed Levels (Hybrid)	Staff

www.yogalacrosse.com

Please check website for most current schedule!



Special Series – 2024

Scan the QR Code for more information
on these special events

Nicolle NEILL Roen at The Yoga Place



FREE Community Practice



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