



THE YOGA PLACE

Spring 2024

Monday	9:00-10:15am	Ageless Beginners (Studio)	Hallie
	5:15-6:45pm NEW TIME!!	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	8:00-10:00am NEW!	Yoga Sadhana Summer Camp	Jennie 6/5-6/10
	10:30-11:45am	Ageless Contin'g (Studio)	Francie
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	<i>Look for pop-specials during the summer!</i>		

www.yogalacrosse.com

Please check website for most current schedule!



Special Series – 2024

Scan QR Code for more info on these events

Nicolle NEILL Roen at The Yoga Place



FREE Community Practice - 2 more dates!



Summer Bookclub schedule

