




NATURALLY YOGA CLASS SCHEDULE

living and loving naturally

	MON	TUE	WED	THU	FRI	SAT	SUN
8:00					YOGA/ JIN SHIN JYUSTU Suzanne	LEVEL II Veronica	YIN Lynda
8:45		FREE MEDITATION Sheryl					
9:30	LEVEL I Margie	LEVEL II Sheryl	LEVEL I Angela on Zoom	LEVEL II Sheryl on Zoom	LEVEL I Margie	LEVEL II Sheryl on Zoom	LEVEL II Veronica on Zoom
			Angela In-Studio Glen Rock Location	Sheryl In-Studio Glen Rock Location		Sheryl In-Studio Glen Rock Location	Veronica In-Studio Glen Rock Location
11:30	SLOW STRETCH Chrissy		SLOW STRETCH Margie		ENERGY MOVEMENT Eileen		FREE MEDITATION Veronica
12:30							
4:30			LEVEL II Veronica				
6:00	LEVEL II Valerie	LEVEL I Carol	SLOW STRETCH/ YIN Lynda on Zoom	FOCUSED FLOW Veronica on Zoom			POTLUCK YOGA Taught by 2021 Graduated Teachers
7:00			Lynda In-Studio Glen Rock Location	Veronica In-Studio Glen Rock Location			
8:00		BUTTERFLY LANGUAGE Josh on Zoom		MUSIC MANTRA & MORE Josh In-Studio			