

Yoga Cville Schedule for Feb 1-29, 2024

	Morning	Morning	Afternoon	Evening
Mondays				5:30 – 6:45 pm Level I (75min) Polina
Tuesdays	9:30 – 10:45 am (new time!) Level I (75min) Mary	9:30 – 11:00 am Level II (90min) Amy	4:30 – 5:30 pm Intro to Iyengar (60min) Anne	5:30 – 6:45 pm Foundations (75min) Anne
Wednesdays		9:30 – 10:45 am Level I-II (90min) Mary (starting Feb 21)		5:30 – 6:45 pm Level I (75min) Polina
Thursdays	9:30 – 10:30 am Gentle Yoga (60min) Mary	9:30 – 10:45 am Level I-II (90min) Amy (ending Feb 15)		
Fridays	8:00 – 8:50 am Level II Morning Wake-Up (50min) Holly	9:30 – 10:45 am Level I (75min) Carol	11:00 am – 12:15 pm Sutras, Restorative & Meditation (75min) Sandra	
Saturdays	10:00 am – 12:00 pm (FEB 17) Rope Wall Yoga 102 (120min) Anne Barkley			
Sundays		9:30 – 10:45 am Level I-II (75min) Amy	11:00 am – 12:15 pm Yin Yoga (75min) Rebecca	

ZOOM ONLY CLASSES

IN-STUDIO and ZOOM CLASSES

IN-STUDIO ONLY CLASSES

ROTATING WORKSHOP TOPIC