

Yoga Cville Schedule for May 1-31, 2023

	Morning	Morning	Afternoon	Evening
Mondays	8:30 – 9:30 am Pranayama (60min) (Deborah Di Carlo)			5:30 – 6:45 pm Level I (75min) Alex
Tuesdays	9:30 – 10:45 am Level I (75min) Mary	9:30 – 11:00 am Level II (90min) Amy		
Wednesdays		9:30 – 10:45 am Level I-II (75min) Mary		5:30 – 6:45 pm Level I (75min) Polina
Thursdays		9:30 – 10:30 am Gentle Yoga (60min) Mary		
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		WORKSHOP: Outdoor Yoga 10:00 am - 11:30 am Saturday, May 6 (Mary)		
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