



# YOGA CENTER

4437 OLD US 23 ~ BRIGHTON ~ WWW.YOGAHEALTH.ORG

MONDAY	CLASS
7:45-8:45 am	vinyasa
9:05-10:05 am	t.c.b.
10:30-11:30 am	pilates
4:30-5:30 pm	yin yoga
5:45-6:45 pm	yoga/pilates
7:00-8:00 pm	t.c.b.
8:15-9:15 pm	ashtanga

TUESDAY	CLASS
6:00-7:00 am	ashtanga (jun-aug)
9:05-10:05 am	hatha
10:30-11:30 am	vinyasa
12:00-1:00 pm	Zumba (begins Sep)
5:00-6:00 pm	yin yoga
6:15-7:15 pm	hatha
7:30-8:30 pm	slow flow

WEDNESDAY	CLASS
9:05-10:05 am	vinyasa
10:30-11:30 am	slow flow
11:40-12:40 pm	baby & parent
1:00-1:30 pm	toddler & parent
4:45-5:45 pm	hatha
6:10-7:10 pm	prenatal yoga
7:15-8:30 pm	ashtanga

THURSDAY	CLASS
9:05-10:05 am	hatha
10:30-11:30 am	slow flow
11:45-12:45 pm	pilates sculpt
5:45-6:45 pm	yoga/pilates
7:00-8:20 pm	vinyasa

FRIDAY	CLASS
6:00-7:00 am	ashtanga (jun-aug)
8:45-10:00 am	vinyasa
10:30-11:30 am	hatha
5:00-6:15 pm	yin yoga
6:15-7:15 pm	yoga nidra-1st fri
6:30-7:45 pm	Zumba-2nd fri
6:30-8:00 pm	restorative-3rd fri
7:00-8:15 pm	partner yoga-4th fri

SATURDAY	CLASS
8:00-9:25 am	vinyasa
9:40-10:40 am	yoga/pilates
10:45-11:30 am	Kids yoga-1st sat
3:00-4:00 pm	hatha (nov-mar)

SUNDAY	CLASS
8:30-9:30 am	shivananda yoga
9:45-10:45 am	vinyasa
11:00-12:00 pm	yin yoga
5:00-6:00 pm	community (nov-mar)
7:00-8:00 pm	community (apr-oct)