

BODYstudio

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Nia
Kelle♥♥
7:45-8:45

Nia
Kelle♥♥
7:45-8:45

Nia
Awake
Kelle♥♥
9:00-10:00

Hatha
Yoga
Tim Butler
9:00-10:30

Nia
Awake
Kelle♥♥
9:00-10:00

Hatha
Yoga
Tim Butler
9:00-10:30

Nia
Awake
Kelle♥♥
9:00-10:00

Nia
Awake
Kelle♥♥
9:00-10:00

Vinyasa
Yoga
Yoga Ma Barbara
9:00-10:30

Hatha
Yoga
Barbara
Yoga Ma
10:15-11:45

Nia
for Lunch
Kelle♥♥
10:45-11:45

Int/Adv
Hatha Yoga
Sean
10:15-11:45

Nia
for Lunch
Danielle
10:45-11:45

Hatha
Yoga
Barbara
Yoga Ma
10:15-11:45

Vinyasa
Yoga
Sean
10:15-11:45

Nia
for Lunch
Danielle
10:45-11:45

Nia
for Lunch
Danielle
Noon-1:00

Vinyasa
with Music
Emily
Noon-1:00

Nia
for Lunch
Soleil
Noon-1:00

Vinyasa
with Music
Emily
Noon-1:00

Vinyasa
Yoga
Swaren
Noon-1:00

Restorative
Yoga
Laurence
Noon-1:30

Zen
Meditation
Kando
12:30 - 1:30

Restorative
Yoga
Laurence
1:15-2:45

Dance
Conditioning
Plus!
Kate Eberle
1:15-2:15

Restorative
Yoga
Laurence
1:15-2:45

Dance
Conditioning
Plus!
Kate Eberle
1:15-2:15

Restorative
Yoga
Laurence
1:15-2:45

Mothering
Circle
Harmony West
2:30 - 4:00

Family Nia
Barbara Miller
3:15 - 4:00

Pre-Natal
Laurance
3:00 - 4:00 pm
begins June 12

Beginners
Hatha ♥
Laurence
4:15-5:15

Childrens Yoga
ages 4-9
Nodia
4:15-5:15

Beginners
Hatha ♥
Laurence
4:15-5:15

Nia Evening
Groove
Hillary
4:30-5:30

Ashtanga
Vinyasa
Mark
5:30-7:00

Vinyasa
Yoga
David
5:30-7:00

Ashtanga
Vinyasa
Mark
5:30-7:00

Vinyasa
Yoga
David
5:30-7:00

Music &
Vinyasa Yoga
Emily
5:45-7:00

Pre-Natal
in Body kids
Laurence
5:30 - 6:30 pm

Hatha
with Music
Emily
7:15-8:45

Oneness
Blessing™
Deeksha ▲
Margo Baldwin
7:30-9:30

Hatha
with Music
Emily
7:15-8:45

Nia Evening
Groove
Hillary
7:15-8:15

PRICING

All Yoga classes . \$13
Dance Conditioning . \$13
All Nia classes . \$11
Ten all class pass . \$110
 expires after 6 months
Ten Nia class pass . \$90
 expires after 6 months
Four weeks unlimited . \$120
Six months unlimited . \$600
Annual unlimited pass . \$995
One kids class . \$8
Kids ten class pass . \$70
Shower, locker, robe . \$4
Ten shower only pass . \$30
Childcare . \$3.50/30 min
 See childcare handout for times

▲ Special weekly event \$20

♥ Perfect for Yoga beginners, all Nia classes are appropriate for both beginners & more advanced movers