

YOGA

SCHEDULE

WEDNESDAY JAN. 1 - WEDNESDAY. APRIL 30 2025

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKENDS
7:30-8:30 am			Slow Vinyasa Flow Allison Rogge			SATURDAY 9:00-11:00 AM OLD SCHOOL VINYASA YOGA PETER RIZZO 1/4, 1/18, 2/1, 2/15, 3/1, 3/15, 3/29, 4/5, 4/19 (by donation) Z
10:00 - 11:15 am	Z YOGA: Easy Does It Mixed Level Jane Schaeffer	Z YOGA: Gentle Yoga Charles Waters	900-1015AM. MIXED VINYASA FLOW Allison Rogge	Z Gentle YOGA Charles Waters	10:30-11:45am YOGA: Mixed Levels Flow Angie Rocca	9:00-10:15 AM VINYASA FLOW NANCY BROOKS 1/11, 1/25, 2/8, 2/22, 3/8, 3/22, 4/12, 4/26
12:00 - 1:00 pm	Z YOGA: Chair Yoga Jane Schaeffer	12 NOON YOGALATES ॐ Kfir Kol Begins 2/18/25	11:00-12:15 Anusara Style YOGA Carol Steinmetz			UPCOMING WORKSHOPS AND MORE! 1/12, 1/19, 2/16, 3/16 Check Website! www.benningtonyoga.com
5:30 - 6:45 pm	YOGA: Vinyasa Flow Mixed Level Allison Rogge	5:15-6:15 PM. VERY BEGINNER YOGA. Jane Schaeffer	5:15 - 6:15 pm Evening Flow w/ Sound Healing Suzy Pence			
7:00 pm	YOGA: ॐ YogaSculpt Allison Rogge		ॐ 6:30 pm PreNatal Yoga Allison Rogge			



\$15 for for Drop in Class
 \$55 for 4 Class Pass \$60 for 5 Class Pass
 \$99 - 9 classes \$180 - 18 classes

For more information:
www.benningtonyoga.com or call 802-447-0393
 Leave Message
 or jane.schaeffer@gmail.com

532 Main St
 (Enter in Back)
www.benningtonyoga.com

Z = Also On Zoom

ॐ = NEW CLASS

