

YOGA

SCHEDULE

WEDNESDAY MAY 1, 2024 - SATURDAY AUGUST 31, 2024

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKENDS
7:30-8:30 am	8:30 am Pre Natal 🕉️ Yoga Allison Rogge		Slow Vinyasa Flow Allison Rogge			SATURDAY
10:00 - 11:15 am	Easy Does It 🕒 YOGA: Mixed Level Jane Schaeffer	🕒 YOGA: Gentle Yoga Charles Waters	900-1015AM. 🕉️ MIXED VINYASA FLOW Allison Rogge	🕒 Gentle YOGA Charles Waters	10:30-11:45am 🕉️ YOGA: Mixed Levels Flow Angie Rocca	9:00-11:00 AM OLD SCHOOL VINYASA YOGA PETER RIZZO 5/4, 5/18, 6/1, 6/15, 6/29, 7/6, 7/20, 8/3, 8/17, 8/31 (by donation) 🕒
12:00 - 1:00 pm	🕒 YOGA: Chair Yoga Jane Schaeffer	🕉️ Baby and Me Allison Rogge	11:00-12 NOON SWEET YOGA 🕉️ CAROL STEINMETZ RETURNS!	YOGA: 🕒 Chair Yoga Jane Schaeffer		9:00-10:15 AM VINYASA FLOW NANCY BROOKS 5/11, 5/25, 6/8, 6/22, 7/13, 7/27, 8/10, 8/24
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			

\$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

🕒 = Also On Zoom

🕉️ = NEW CLASS

