

YOGA

SCHEDULE

Sunday May 1, 2022 - END Friday September, 30, 2022

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKENDS
9:00-10:15 am		Z Yoga: Gentle Yoga Charles Waters	7:30-8:30 am Sunrise Yoga Allison Rogge ॐ	10:00-11:15 am Z Yoga: Gentle Yoga Charles		SATURDAY 9-10:15 AM Z YOGA VINYASA YOGA W/ CHARLES SUNDAYS 10 - 12 AM Mixed Level Vinyasa Yoga with PETER RIZZO May 1 & 15, June 5 & 19 July 3 & 17 August 7 & 21 September 4 & 18
10:00 - 11:45 am	Easy Does It Z Yoga: Mixed Level Jane Schaeffer		10-11:15 am Z YOGA Mixed Level w/ Jane		10:30-11:45am ॐ YOGA: Mixed Level w/ Ali	
12:00 - 1:00 pm	Z YOGA: Chair Yoga Jane Schaeffer		Z YOGA: Chair Yoga Jane Schaeffer			
5:30 - 6:45 pm	ॐ YOGA: Mixed Level Allison Rogge		5:15 - 6:15 pm Sattva Hatha Himilayan ॐ Yoga w/ Suzy Pence	5:30 - 6:45 pm ॐ YOGA Mixed Level w/ Nancy Brooks		

\$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

or jane.schaeffer@gmail.com



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

Z = Also On Zoom

ॐ = NEW CLASS

