

YOGA

FALL SCHEDULE

Sunday September 5, 2021 - END DECEMBER 2021

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKENDS
9:00-10:15 am		★ Yoga: Gentle Yoga Charles Waters		10:00-11:15 am ★ Yoga: Gentle Yoga Charles	9-10 AM PILATES W/KFIR BY DONATION	SATURDAY 9-10:15 AM ★ YOGA ASHTANGA YOGA W/ CHARLES
10:00 - 11:45 am	Easy Does It ★ Yoga: Mixed Level Jane Schaeffer	11-12:00 🌀 Yoga: Mixed Level Free to all w/ Kfir	10-11:15 am ★ YOGA Mixed Level w/ Jane		10:30-11:45am 🌀 YOGA: Mixed Level Ali Wassick	
12:00 - 1:00 pm	YOGA: Z Chair Yoga Jane Schaeffer	5:00 -6:00pm Yoga: Very Beginner w/ Suzy Pence	★ YOGA: Z Chair Yoga Jane Schaeffer			
4:30 - 6:00 pm	🌀 YOGA: Mixed Level Allison Rogge					SUNDAYS
6:15 - 7:30 pm	🌀	🌀				🌀

🌀 = NEW CLASS



\$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 = CLASS IS ON ZOOM ONLY
★ HYBRID CLASS

