

YOGA

SCHEDULE

SUNDAY SEPTEMBER 1-TUESDAY DECEMBER 31, 2024

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 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 11/30, 12/7, 12/21 (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. 3 MIXED VINYASA FLOW Allison Rogge	Z Gentle YOGA Charles Waters	10:30-11:45am 3 YOGA: Mixed Levels Flow Angie Rocca	9:00-10:15 AM VINYASA FLOW NANCY BROOKS 9/14, 9/28, 10/12, 10/26, 11/9, 11/23, 12/14, 12/28
12:00 - 1:00 pm	Z YOGA: Chair Yoga Jane Schaeffer		11:00-12 NOON SWEET YOGA 3 CAROL STEINMETZ			UPCOMING WORKSHOPS 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. 3 Jane Schaeffer	5:15 - 6:15 pm Evening Flow w/ Sound Healing Suzy Pence	5:30PM 3 YogaShape Sam Grout Begins 9/19-10/24		

\$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

3 = NEW CLASS

