

YOGA

SUMMER SCHEDULE

Sunday June 6, 2021 - August 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		SATURDAY 9-10:15 AM ★ YOGA
10:00 - 11:45 am	Easy Does It ★ Yoga: Mixed Level Jane Schaeffer	11-12:15 🌀 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 OUTDOORS at Pullman Farm	ASHTANGA YOGA W/ CHARLES
12:00 - 1:00 pm	★ YOGA: Chair Yoga Jane Schaeffer	5:00 -6:00pm Yoga: Very Beginner w/ Suzy Pence	★ YOGA: Chair Yoga Jane Schaeffer			
4:30 - 6:00 pm	🌀 YOGA: Mixed Level Allison Rogge	6:15-7:30pm 🌀 Yoga: Mixed Level w/ Suzy Pence				SUNDAYS
6:15 - 7:30 pm	🌀					🌀

★ HYBRID CLASS

🌀 = 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

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(Enter in Back)
www.benningtonyoga.com

