

# BODYstudio

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ashtanga Vinyasa Mysore Jennifer 6:45-8:45	Nia Kelle 7:45-8:45	Ashtanga Vinyasa Mysore Jennifer 6:45-8:45	Nia Kelle 7:45-8:45	Ashtanga Vinyasa Mysore Jennifer 6:45-8:45	Nia Hillary 7:45-8:45	Open Practice 7:00-8:45
Nia Awake Kelle 9:00-10:00	Hatha Yoga Tim Butler 9:00-10:30	Nia Awake Kelle 9:00-10:00	Hatha Yoga Tim Butler 9:00-10:30	Nia Awake Kelle 9:00-10:00	Nia Awake Kelle 9:00-10:00	Vinyasa Yoga Jennifer 9:00-10:30
Hatha Yoga Barbara Yoga Ma 10:15-11:45	Nia for Lunch Kelle 10:45-11:45	Int/Adv Hatha Yoga Sean 10:15-11:45	Nia for Lunch Danielle 10:45-11:45	Hatha Yoga Barbara Yoga Ma 10:15-11:45	Vinyasa Yoga Sean 10:15-11:45	Nia for Lunch Danielle 10:45-11:45
Nia for Lunch Danielle Noon-1:00	Vinyasa with Music Emily Noon-1:00	Nia for Lunch Hillary Noon-1:00	Vinyasa with Music Emily Noon-1:00	Vinyasa Yoga Jennifer Noon-1:00	Restorative Yoga Laurence Noon-1:30	
Restorative Yoga Laurence 1:15-2:45	Dance Conditioning Plus! Kate Eberle 1:15-2:15	Restorative Yoga Laurence 1:15-2:45	Dance Conditioning Plus! Kate Eberle 1:15-2:15	Restorative Yoga Laurence 1:15-2:45		
	Mothering Circle Harmony West 2:30-4:00		Family Nia Hillary 3:00-4:00	Nia Foundations For Nia Teachers only Kelle 2:45-4:15		
Dance Conditioning Plus! Kate Eberle 4:15-5:15	Beginners Hatha Laurence ♥ 4:15-5:15	Childrens Yoga ages 4-9 Nodia 4:15-5:15	Beginners Hatha Laurence ♥ 4:15-5:15	Nia Happy Hour Hillary 4:30-5:30		
Ashtanga Vinyasa Jennifer 5:30-7:00	Vinyasa Yoga David 5:30-7:00	Ashtanga Vinyasa Jennifer 5:30-7:00	Vinyasa Yoga David 5:30-7:00	Music & Vinyasa Yoga Emily 5:45-7:00		
Hatha with Music Emily 7:15-8:45	Pre Post-Natal in Body kids Laurance 5:30-6:45 pm	Hatha with Music Emily 7:15-8:45	Oneness Blessing™ Deeksha ▲ Margo Baldwin 7:30-9:30			
	Nia Happy Hour Hillary 7:15-8:15					

**PRICING**  
beginning Nov. 15th

All Yoga classes . \$13  
 All Nia classes . \$11  
 Ten all class pass . \$110  
*expires after 6 months*  
 Ten Nia class pass . \$90  
*expires after 6 months*  
 Four weeks unlimited . \$120  
 Six months unlimited . \$600  
 Annual unlimited pass . \$995  
 One kids class . \$8  
 Kids ten class pass . \$70  
 Shower, locker, robe . \$4  
 Ten shower only pass . \$30  
 Childcare . \$3.50/30 min  
 See childcare handout for times

▲ Special weekly event \$20  
 ♥ Perfect for Yoga beginners, all Nia classes are appropriate for both beginners & more advanced movers