

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Pranayama 7:30-8:30am *Karen Major (see current offering)			
Online 9:00-10:30am *Karen Major	All levels/ Online 9:00-10:30 *Sondy Taran	All levels/ Online 9:00-10:30 *Karen Major	Online 9:00-10:30am *Karen Major	Online 9:00-10:30am *Sue Brimner	Workshops: see workshop page
	Senior/Gentle 11:15am-12:15 *Sue Brimner				All levels In Person/ 3rd Saturday of month 9-10:30am *Karen Major
Online 5:30-7:00pm *Karen Major	Online 5:30-7:00pm *Sue Brimner	All levels/ Online 5:30-7:00pm *Karen Major			