



# WEEKLY CLASS ONLINE SCHEDULE

MON

TUES

WED

THURS

FRI

morning

9:00-10:00am Gentle Yoga (Viviana)	9:00-10:00am Gentle Yoga (Tahil)	9:00-10:00am Gentle Yoga (Viviana)	9:00-10:00am Gentle Yoga (Viviana)	
		12:00-1:00p Pain Free (Tahil)	12:00-1:00p Pain Free (Tahil)	
	3:00-4:00p Semi-private (Tahil, 3 max)		3:00-4:00p Semi-private (Tahil, 3 max)	
	4:00-5:00p Gentle Yoga (Viviana)		5:00-6:00p Gentle Yoga (Viviana)	4:00-5:00p Gentle Yoga (Viviana)

lunch hour

evening

Class costs, \$20 drop-in, \$120 unlimited OR See website for discount passes/semi-private/private sessions and sliding scale available: [www.HeartSource.Center](http://www.HeartSource.Center)

\*\* Add on 2 semi-private classes for \$90 (must have unlimited pass)

\* All Levels welcome at all classes.

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REGISTER ONLINE TODAY!

