



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)	
	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

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

* All Levels welcome at all classes.

HEART  SOURCE

REGISTER ONLINE TODAY!

