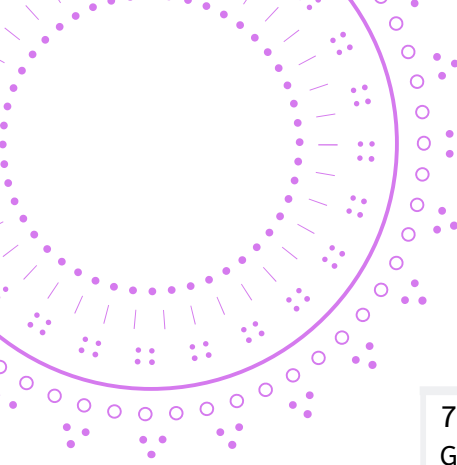


# WEEKLY CLASS ONLINE SCHEDULE



	MON	TUES	WED	THURS	FRI
<b>morning</b>	7:30-8:30am Gentle Flow/ Vinyasa (Viviana)		7:30-8:30am Gentle Flow/ Vinyasa (Viviana)		
		9:00-10:00am Gentle Yoga (Tahil)		9:00-10:00am Gentle Yoga (Viviana)	
<b>lunch hour</b>	10:30-11:30am Prenatal Yoga (Viviana)		10:30-11:30am Prenatal Yoga (Viviana)		10:30-11:30am Prenatal Yoga (Viviana)
		12:00-1:00p Chi Kung (Marie)	12:00-1:00p Pain Free (Tahil)		12:00-1:00p Pain Free (Viviana)
<b>evening</b>	5:00-6:00p Gentle Yoga (Tahil)	<b>4:00-5:00p</b> Gentle Yoga (Viviana)	5:00-6:00p Gentle Yoga (Viviana)	5:00-6:00p Gentle Yoga (Tahil)	<b>4:00-5:00p</b> Gentle Yoga (Viviana)
				7:00-9:00p Men's Wisdom Circle (Tahil) <b>1st Thursdays</b>	

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

\* All Levels welcome at all classes.

HEART  SOURCE  REGISTER ONLINE TODAY!

