

Welcome to
bodypoetry
 fitness  studio

Fall 2017 Schedule (September 11–December 15)

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 - 10:30am		Yoga <i>Wendy</i>		Yoga <i>Wendy</i>	
12:10 - 12:50pm			Vinyasa Flow Yoga <i>Wendy</i>		
5:15 - 6:15pm	Bikram Hot Yoga <i>Lucie</i> Ends at 6:30 pm Oct 30 - Dec 11 (7 weeks)	Restorative Yoga <i>Sandy</i>	Gentle Yoga <i>Wendy</i>		Aroma Yoga <i>Wendy</i> Dates TBC 5:30 - 7 pm
6:30 - 7:30pm	Multi-Level Yoga <i>Wendy</i> No Class Oct 9	Yin Yoga <i>Sandy</i> Oct 10 - Nov 14	Beginner Yoga <i>Wendy</i> Sept 27 - Dec 6 (10 weeks) No class Oct 11	Ballroom Dancing Beginner <i>Wade / Meg</i> Sept 14 - Nov 16 7 - 8pm	
7:30 - 8:30pm	Meditation <i>Wendy</i> Sept 11 - Oct 23 (6 weeks) No Class Oct 9		Art of Living Follow Up Sessions	Ballroom Dancing Intermediate <i>Wade / Meg</i> Sept 14 - Nov 16 8 - 9 pm	

*We are available in the studio 15 minutes before and after class times
 as well as by appointment.*