

Fall 2024-25 *Proposed Schedule*

September

Sat. 9/14 & Sun. 9/15, 9a-5p

Sat. 9/28, 9a-5p

Tues. 9/17 & 9/24, 5:30-8:30p

October

Sat 10/12 & Sun. 10/13, 9a-5p

Sat. 10/25, 9a-5p

Every Tues. 5:30-8:30p

November

11/9 & 11/10, 9a-5p

Sat. 11/23, 9a-5p

Tues. 11/5-11/19, 5:30-8:30p

December

Sat. 12/7 & Sun. 12/8, 9a-5p

Tues. 12/3-12/17, 5:30-8:30p

January

Sat. 1/11 & Sun. 1/12, 9a-5p

Sat. 1/25, 9a-5p

Every Tues. 5:30-8:30p

February

Sat. 2/8 & Sun. 2/9, 9a-5p

Tues. 2/4, 5:30-8:30p



The Yoga Connection

Yoga for YOUR life! Body • Mind • Spirit