

January 2012



www.YOGA-licious.com
864.515.0855

Monday

12:00 - 1:00 pm	Lunch Hour Yoga	Monica
4:30 - 5:30 pm	Teen Yoga	Georgia
5:45 - 7:15 pm	Basic Yoga	Adrienne
7:30 - 8:45 pm	Restorative Yoga - All Levels	Carrie

Tuesday

12:00 - 1:00 pm	Lunch Hour Yoga	Christian
4:15 - 5:30 pm	Foundations of Yoga	Jan
5:45 - 7:00 pm	Vinyasa Flow Levels 1 & 2	Catherine
7:30 - 8:45 pm	Mixed Level - Intermediate to Advanced	Kelly

Wednesday

12:00 - 1:00 pm	Lunch Hour Yoga	Leslie
5:45 - 7:15 pm	Basic Yoga	Monica

Thursday

5:45 - 6:45 am	Yoga for Athletes	Leslie
9:30 - 10:45 am	Yoga and Energy Work	Carrie
12:00 - 1:00 pm	Lunch Hour Yoga	Marie
5:45 - 6:45 pm	Hot Yoga (bring towel & water)	Nikki

Friday

12:00 - 1:00 pm	Lunch Hour Yoga	Adrienne
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Saturday

11:00 - 12:15 pm	Power Yoga	Leslie
12:30 - 1:30 pm	Children's Yoga (5-9 year olds)	Audrey/Leslie/Toy
2:00 - 3:30 pm	Restorative Yoga	Laura/Georgia

Sunday

9:30 - 11:30 am	Advanced Practice (January 8)**	Kelly
4:00 - 5:15 pm	Mixed Level - Beginner to Intermediate	Catherine

** Pre-approval by a YOGAlicious teacher is required for attendance.

Class fees:

- \$ 12.00 drop-in for 1 hour 15 min classes & 1 hour 30 min classes
- \$ 10.00 drop-in for 1 hour classes
- \$ 10.00 full-time high school & college students w/ ID & students \geq 65 yr
- \$ 8.00 children's class
- \$ 20.00 yoga therapeutics (\$10 for monthly pass holders)
- \$ 75.00 unlimited monthly pass
- \$ 100.00 10-class pass with 3-month expiration