

September 2010



www.yoga-licious.com
864.515.0855

Monday

5:45 - 6:45 am	Yoga for Athletes	Kelly
12:00 - 1:00 pm	Lunch Hour Yoga	Elaine
5:45 - 7:15 pm	Basic Yoga	Adrienne
7:30 - 8:45 pm	Restorative Yoga - All Levels	Laura

Tuesday

9:15 - 10:30 am	Community Yoga (Donation - based)	Monica
12:00 - 1:00 pm	Lunch Hour Yoga	Christian
4:30 - 5:30 pm	Iyengar Level 1	Jan
5:45 - 7:15 pm	Iyengar Level 2	Jan
7:30 - 8:45 pm	Vinyasa Flow Level 1	Kelly

Wednesday

12:00 - 1:00 pm	Lunch Hour Yoga	Leslie
4:30 - 5:15 pm	Gentle Yoga and Meditation	Elaine
5:45 - 7:15 pm	Basic Yoga	Monica
7:30 - 8:45 pm	Hot Rockasana (bring towel & water)	Monica

Thursday

12:00 - 1:00 pm	Lunch Hour Yoga	Marie
6:00 - 7:30 pm	Vinyasa Flow Level 2	Nikki

Friday

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

10:00 - 11:30 am	Vinyasa Flow Levels 1 & 2	Adrienne
12:00 - 1:00 pm	Children's Yoga (5-9 year olds)	Aud/Les/Toy/Mon

Sunday

4:00 - 5:15 pm	Open - All Levels	Monica/Catherine
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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
- \$ 75.00 unlimited monthly pass
- \$ 100.00 10-class pass with 3-month expiration