

ground luminosity

Eastern Wellness Center



CLASS SCHEDULE

MONDAY

YIN YOGA 5:15-6:15PM

VINYASA FLOW 6:30-7:45PM

TUESDAY

QIGONG 2:00-2:45PM (\$5)

INNER FIRE YOGA 7:15-8:15PM

WEDNESDAY

CHAIR YOGA 10:00-11:00AM (\$5)

*Last Class of 2017 is Dec 20

MOVE YOUR ASANA YOGA 7:00-8:15pm

*Starts Jan 3, 2018

FRIDAY

SWEET & STEADY MORNING FLOW 9:30-10:45AM

SATURDAY

VINYASA FLOW 8:00-9:00am

*Starts Jan 6, 2018

TAI CHI 9:30-10:30am (\$100)

*Starts February 3, 2018, 10-Week Course