

YOGA ST LUCIA

CLASS SCHEDULE 2020

MONDAY - WEDNESDAY

YOGA

9:30 - 11 AM

LEVEL I - II

LENKA

YOGA

6 - 7:30 PM

LEVEL I - II

LENKA

TUESDAY - THURSDAY

YOGA

9 - 10:30 AM

LEVEL II

JILL

YOGA

10:45 - 12:15 NOON

LEVEL I

JILL

YOGA

6 - 7:30 PM

LEVEL I - II

JILL

FRIDAY

YOGA

10 - 12 NOON

TEACHER TRAINING

JILL

**YOGA
YIN
6 - 7:30 PM
JANELLE**

SATURDAY

**YOGA
GENERAL CLASS
9 - 10:30 AM
JILL**

**YOGA
RESTORATIVES
10:45 - 12 NOON
LENKA**

SUNDAY

**YOGA
VINYASA
7:45 - 9 AM
JANELLE**

MONDAY - WEDNESDAY - FRIDAY - SATURDAY

**PILATES
8:30 - 9:30 AM
PAULINE**
