

~ END OF SUMMER CLASS SCHEDULE ~

8/17-9/13

Kid's and Teen Yoga w/ Mary Kaye begin Tues. 8/31 or Thurs. 9/2 to enroll
go to www.buddhafulkids.com

Tues 8/17

9:15-10:30am -
Yoga/All Levels -
Kathy
11a-12p - Prenatal
Yoga - Marissa
12:15-1:30p - Gentle
Yoga - Jennifer
5:45-7pm - Yoga/All
Levels - Cynthia
6:30-7:30p -
Beginner's Core
Conditioning - Skye
7:15-8:45p - Yin Yoga
- Cynthia

Wed 8/18

8:30-9:25a - Pilates
Mat - Anna
9:15-10:30a- Yoga -
Marissa
9:45-10:45a - ZUMBA
- Anna
10:45-11:45a -
Woman's Discussion
Group - Cynthia
12:45-2p - Ballet
Stretch - Skye
5:45-7p - Yoga/All
Levels - Diana

Thurs 8/19

9-10:30a - Yoga III -
Marc
10:45a-12p - Yoga/All
Levels- Marc

Fri 8/20

8:30-9:25a - Pilates
Mat- Lynne
9:35-10:35a - Nia -
Robyn
5-6:15p - Yoga/All
Levels - Tal

Sat 8/21

8:30-10a - Yoga II -
Marissa
9-10a - Nia - Cindy
10:30-11:45a -
Yoga/All Levels -
Marissa
10:30-11:45a - Ballet
Stretch - Skye

Sun 8/22

8-9:15a - Breath-
Flow-Stillness -
Cynthia
9:30-10:45a - Yoga/All
Levels - Cynthia
5-6:30p- Yoga/All
Levels - Tal

Mon 8/23

9-9:55a - Pilates Mat -
Anna
10-11a - ZUMBA - Anna
12:45-2p - Ballet Stretch
- Skye
6:45-7:45p - Prenatal
Yoga - Marissa
7-8:30p - Yoga/All Levels
- Daniel

Tues 8/24

9:15-10:30a - Yoga/All
Levels - Kathy
5:45-7p - Yoga/All Levels
- Cynthia
6:30-7:30p - Beginner's
Core Conditioning - Skye
7:15-8:30p - Yin Yoga -
Cynthia

Wed 8/25

8:30-9:25a - Pilates Mat
- Anna
9:15-10:30a- Yoga/All
Levels - Marissa
9:45-10:45a - ZUMBA -
Anna
10:45-11:45a -
Woman's Discussion
Group - Cynthia
12:45-2p - Ballet Stretch
- Skye
5:45-7p - Yoga/All Levels
- Diana

Thurs 8/26

9-10:30a - Yoga III -
Marc
10:45a-12p - Yoga/All
Levels - Marc

Fri 8/27

8:30-9:25am - Pilates
Mat - Lynne
9:35-10:35a - Nia -
Robyn

Sat 8/28

9-10:30am - Yoga/All
Levels - Marissa
9-10a - Nia - Cindy
10:30-11:45a - Ballet
Stretch - Skye

Sun 8/29 - NO CLASSES TODAY!

Mon 8/30

9-10a - Pilates Mat - Anna
10-11a - ZUMBA - Anna
12:45-2p - Ballet Stretch -
Skye
7-8:30p - Yoga - Jennifer

Tues 8/31

9:15-10:30a - Yoga/All
Levels - Kathy
12:15-1:30p- Gentle
Yoga - Jennifer
5:45-7p - Yoga/All
Levels - Jennifer
6:30-7:30p - Beginner's
Core Conditioning -
Skye
7:15-8:30p - Yin Yoga -
Cynthia

Wed 9/1

8:30-9:25a - Pilates
Mat - Jennifer
9:15-10:30a- Yoga/All
Levels - Marissa
9:45-10:45a - ZUMBA -
Anna
10:45-11:45a -
Woman's Discussion
Group - Cynthia/Jen
12:45-2pm - Ballet
Stretch - Amy Skye
5:45-7p - Yoga/All
Levels - Diana

Thurs 9/2

9-10:30am - Yoga III -
Marc
10:45a-12p - Yoga/All
Levels - Marc

Fri 9/3 - NO CLASSES TODAY!

Sat 9/4

9-10:30a - Yoga/All
Levels - TBA - call
studio for update
9-10a - Nia - Cindy
10:30-11:45a - Ballet
Stretch - Amy Skye

Sun 9/5 - NO CLASSES TODAY!

Mon 9/6 - LABOR DAY - NO CLASSES TODAY!

Tues 9/7

9-10:30a - Yoga III -
Marc
11a-12p - Prenatal
Yoga - Marissa
5:45-7p - Yoga/All
Levels - Cynthia
6:30-7:30p - Beginner's
Core Conditioning -
Skye
7:15-8:30p - Yin Yoga -
Cynthia

Wed 9/8

8:30-9:25a - Pilates Mat
- Anna
9:15-10:30a- Yoga/All
Levels - Marissa
9:45-10:45a - ZUMBA -
Anna
12:45-2pm - Ballet
Stretch - Skye

Thurs 9/9

5:30-6:45p - Floor Barre
and Conditioning - Skye
6:30-8p- Yoga/All Levels -
Wendy

Fri 9/10

8:30-9:25a - Pilates Mat -
Lynne
9-10:30a - Yoga III -
Daniel
9:35-10:35a - Nia - Robyn
10:45a-12p - Yoga/All
Levels - Daniel
5-6:15p - Yoga/All Levels
- Tal

Sat 9/11

8:30-10a - Yoga II -
Marissa
9-10a - Nia - Cindy
10:30-11:45a - Yoga/All
Levels - Marissa
10:30-11:45a - Ballet
Stretch - Skye

Sun 9/12

8-9:15a - Breath-Flow-
Stillness - Cynthia
9:30-10:45a - Yoga/All
Levels - Cynthia
5-6:30p - Yoga/All Levels
- Tal

Mon 9/13 - STUDIO OPENS w/ Full Schedule of Classes!

9-10a - Pilates Mat -
Anna
9:15-10:45a - Yoga II -
Jennifer
10-11a - ZUMBA - Anna
12:45-2pm - Ballet
Stretch - Skye
5:15-6:30p - Yoga I -
Jennifer
5:45-6:45p - Nia - Robyn
- NEW CLASS!!!
6:45-7:45p - Prenatal
Yoga - Marissa
7-8:30p - Yoga II -
Jennifer

