

Yin Yang Yoga Center

1912 rt. 108 or Olney Sandy spring rd. Olney, MD. 20832
301-775-1462

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
9:30-10:45am Mixed Level Kirsten	8:30-9:45am Mixed Level Alicia	8:30-9:45am Gentle Yoga <u>9:45-11:00am</u> Kickboxing / Self-Defense Mick		9:30-10:45am Mixed Level Alicia	9:30-10:45am Power Flow Alicia	9:30-10:45am Mixed level Paula / Alicia
			1:45-2:30 Kids Yoga ages 3-5 (pre school) Paula 4:00-4:45 Kids Yoga ages 5-8 (school age) Paula 5:00-5:45 Kids Yoga ages 8-12 (tween) Paula		11:00- 12:00pm Beginners/ Gentle Yoga Kirsten	
6:30-7:45pm Mixed Level Alicia	7:30-8:45pm Mindful Living / Stress Reduction Nancy		6:30-7:45pm \$5 Mixed Level Community Class Christina	7:00-8:15 Namaste with Neal	3:30-4:45pm Kickboxing / Self-Defense Mick	

www.YinYangYogaCenter.com

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