

Toula Family Yoga

Monday

<u>Time</u>	<u>Yoga Class</u>	<u>Instructor</u>
9:30-10:30	Vinyasa Yoga	Eva
5:30-6:30pm	Hatha Yoga (Levels 1-2)	Elleni
6:45-7:45pm	Hatha Yoga (Levels 2-3)	Elleni

Tuesday

<u>Time</u>	<u>Yoga Class</u>	<u>Instructor</u>
1:00-2:00pm	Toula Yoga (Levels 1-2)	Anna
2:30-3:30pm	Chair Yoga	Andrea/Julie
4:15-5:15pm	Tween Yoga & Mindfulness	Andrea
5:30-6:30pm	Prenatal Yoga	Stacey
6:45-7:30pm	Hatha Yoga (Levels 1-2)	Andra D.
7:00-8:00pm	Vinyasa Yoga (Levels 2-3): Studio 2	Stacey

Wednesday

<u>Time</u>	<u>Yoga Class</u>	<u>Instructor</u>
9:30-10:30am	Toula Yoga (Levels 2-3)	Andrea
11:00am-12:00pm	Gentle Yoga	Elleni
5:30-6:30pm	Vinyasa Yoga (Levels 2-3)	Darcey

Thursday

<u>Time</u>	<u>Yoga Class</u>	<u>Instructor</u>
6:00-7:00am	Hatha Yoga (Levels 1-2)	Ann/ Sheri
11:00am-12:00pm	Baby & Me Yoga	Stacey
12:00-1:00pm	Free New Mama's Group	Stacey
2:30-3:30pm	Chair Yoga	Cyndy
4:15-5:15pm	Hatha Yoga (Levels 2-3)	Andrea
6:15-7:15pm	Yin & Restorative	Elleni
6:45-7:45pm	Hatha Yoga (Level 1)	Cyndy

Friday

<u>Time</u>	<u>Yoga Class</u>	<u>Instructor</u>
9:30-10:30am	Faith Flow Yoga (Christian Theme)	Sheri
10:45am	Yoga Play Date for Toddlers	Anna

Saturday

<u>Time</u>	<u>Yoga Class</u>	<u>Instructor</u>
7:30-8:30am	Vinyasa Yoga	Steffani

8:45-10:00am	Prenatal Yoga	Rotating
10:15-11:15am	Kids Yoga (Ages 4+)	Rotating
10:15-11:15am	Gentle Yoga	Andrea/Stacey

Sunday

<u>Time</u>	<u>Yoga Class</u>	<u>Instructor</u>
9:30-10:30am	Toula Yoga (Levels 1-2)	Steffani

2720 1st Ave NE Cedar Rapids, lower level, suite 108

Classes run in two month sessions (\$10 per class) OR

Drop- in students with experience always welcome! (\$15)

Check out our website at www.toulayoga.com for up schedule changes,

More pricing options, discounts and full class descriptions!

All of our amazing teachers have bios on our website!!

