

# Toula Yoga December Weekly Classes

## Monday

6:00 – 7:15 AM **Ashtanga\*\***  
9:30 – 10:30 AM **Vinyasa**  
12:30 – 1:30 PM **Gentle Hatha**  
5:30 – 6:30 PM **Hatha**

## Tuesday

6:00 – 7:00 AM **Hatha**  
6:00 – 7:15 AM **Ashtanga\*\***  
2:00 – 3:00 PM **Chair**  
5:30 – 6:30 PM **Prenatal**  
6:45 – 7:45 PM **Hatha**  
7:00 – 8:00 PM **Vinyasa**

## Wednesday

6:00 – 7:15 AM **Ashtanga\*\***  
9:30 – 10:30 AM **Hatha**  
9:30 – 10:30 AM **Baby & Me**  
11:00 – Noon **Gentle Hatha**  
5:30 – 6:30 PM **Vinyasa**

## Thursday

6:00 – 7:15 AM **Ashtanga\*\***  
2:00 – 3:00 PM **Chair**  
4:15 – 5:15 PM **Hatha**

## Friday

6:00 – 7:15 AM **Ashtanga\*\***  
9:00 – 9:45 AM **Tots Yoga**  
9:30 – 10:30 AM **Hatha 1-2**  
10:00 – 10:45 AM **Baby Yoga**  
11:00 – 11:45 AM **Tykes Yoga**  
Noon – 1:00 PM **Gentle Hatha**

## Saturday

7:30 – 8:30 AM **Hatha**  
8:45 – 10:00 AM **Prenatal**  
10:15 – 11:15 AM **Hatha**  
10:15 – 11:15 AM **Kids (Ages 5-9)**

## Sunday

9:30 – 10:30 AM **Hatha**

*\*\*Ashtanga will be offered on weekdays from 12/2 – 12/13  
Drop-in price is \$20.00*

**Visit our website to view our workshops!**

[www.toulayoga.com](http://www.toulayoga.com)