

Toula Yoga January & February Weekly Classes

Monday

9:30 – 10:30 AM *Vinyasa*
12:30 – 1:30 PM *Gentle Hatha*
5:30 – 6:30 PM *Hatha*
5:30 PM *Kids Yoga*
7:00 PM *Teen Yoga*

Tuesday

6:00 – 7:00 AM *Hatha*
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

9:30 – 10:30 AM *Hatha*
11:00 – Noon *Gentle Hatha*
5:30 – 6:30 PM *Vinyasa*
7:00 – 8:00 PM *Pop Pilates***

Thursday

2:00 – 3:00 PM *Chair*
4:15 – 5:15 PM *Hatha*

Friday

9:00 – 9:45 AM *Tots Yoga*
9:30 – 10:30 AM *Hatha 1-2*
10:00 – 10:45 AM *Baby & Me
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*

*Pop Pilates is offered from January 15- February 26th***

Visit our website to view our workshops!

www.toulayoga.com