



Yoga Class Schedule

May

Time	Class	Teacher
------	-------	---------

Monday

9:30 – 10:45 am	Strength	Aurora
11:30 - 12:30 pm	Gentle	Patsy
5:30- 6:30 pm	Hatha	Liza
7:00 - 8:00 pm	Hatha Flow	Liza

Tuesday

9:00 – 10:00 am	Core	April
10:30 - 11:45 am	Hatha	Maribeth
3:30 – 4:30 pm	Gentle	Lisa
5:30 – 6:45 pm	Yin	Lisa

Wednesday

9:30 - 10:45 am	Mindful	Heidi H
5:30 – 6:30 pm	Hatha	Nathan
6:45 – 8:00 pm	Strength	Celeste

Thursday

9:00 – 10:00 am	All Levels	Flea
10:30 - 11:45 am	Hatha	Maribeth
3:30 – 4:30 pm	Gentle	Maribeth
5:30 – 6:45 pm	Yin	Nathan

Friday

9:30 – 10:45 am	Alignment	LB
11:30 - 12:30 pm	Gentle	Heidi H
3:30 - 4:45 pm	De-stress	Celeste

Saturday

9:00 – 10:00 am	Stretch	Aurora
10:30 – 11:30 am	Energize	Aurora

Sunday

8:30 – 9:30 am	Stretch	LB
10:30 – 11:30 am	Yoga for Recovery	Celeste

805-984-2520 www.theyogachannel.net
2520 Roosevelt Blvd. Oxnard, CA 93035

Yogachannelsb1@gmail.com