



# CLASS SCHEDULE

SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE.

	TIME	CLASS	INSTRUCTOR
MON	12:00 - 1:30 PM	Ashtanga Yoga	Barbara Stanley
	4:00 - 5:00 PM	Yoga for Teens	Barbara Stanley
	5:15 - 6:30 PM	Vinyasa Flow	Sara McDonald
TUES	6:15 -7:30 AM	Improv Yoga	Barbara Stanley
	8:30 - 9:45 AM	Beginner's Yoga	Barbara Stanley
	12:00 - 1:15 PM	Vinyasa Flow	Barbara Stanley
	5:15 - 6:25 PM	Gentle Yoga	Diana Hunt
	6:30 - 7:45 PM	Prenatal Yoga	Yarrow Levine
WED	11:30 - 12:45 PM	QiGong	Augustus Saldana
	4:00 - 5:00 PM	Yoga for Teens	Barbara Stanley
	6:00 - 7:15 PM	Vinyasa Flow	Sara McDonald
THURS	10:00 - 11:30 AM	Tai Chi / QiGong	Augustus Saldana
	8:30 - 9:45 AM	Beginner's Yoga	Barbara Stanley
	12:00 - 1:30 PM	Ashtanga Yoga	Barbara Stanley
	4:00 - 5:00 PM	Vinyasa Flow	Barbara Stanley
	5:15 - 6:15 PM	Core Yoga	Diana Hunt
	6:30- 7:45 PM	Restorative Yoga	Yarrow Levine
FRI	12:00 - 1:30 PM	Improv Yoga	Barbara Stanley
SAT	10:00 - 11:15 AM	QiGong	Augustus Saldana
	12:00 - 1:15 PM	Vinyasa Flow	Elya Grey
SUN	2:00 - 3:15 PM	Class Varies	Teacher Rotation

### CLASS RATES (includes tax)

Drop-in	\$12 Seniors/Students \$8/Teens \$5
6-Class Pass	\$60 – Good for 60 days
Unlimited Monthly	\$80 Seniors/Students \$70

**DISCOUNTED RATES FOR SENIORS 65+ AND STUDENTS.**

**Register online and eliminate check-in time.  
Create your own username and password  
to sign in and purchase your classes.**

110-B SOUTH COURT STREET | LEWISBURG, WV  
**304-645-8064** [www.lewisburgyogacenter.com](http://www.lewisburgyogacenter.com)