



April 2024

Yoga classes are in-person. Yoga classes are also offered through ZOOM
 ** Code is required for ZOOM classes ** Text/Call Carmella 516.318.2535

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 7am-8am ~ Yoga 2 ~ Men's Only ~ (Taught by Priscilla) 90 min class 11am-12:30pm ~ Yoga 1 ~ (Taught by Carmella)	2 11am-12pm (Taught by Priscilla) 12:30pm-1:30pm (Taught by Carmella) 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	3 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	4 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	5 9:30am-10:45am Yoga Class (Taught by Jane)	6 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) 10:45am-12pm (Taught by Carmella)
7 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	8 7am-8am ~ Yoga 2 ~ Men's Only ~ (Taught by Priscilla) 90 min class 11am-12:30pm ~ Yoga 1 ~ (Taught by Carmella)	9 11am-12pm (Taught by Priscilla) 12:30pm-1:30pm (Taught by Carmella) 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	10 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	11 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	12 9:30am-10:45am Yoga Class (Taught by Jane)	13 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) 10:45am-12pm (Taught by Carmella)
14 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	15 7am-8am Yoga 2 ~ Men's Only ~ (Taught by Priscilla) 90 min class 11am-12:30pm ~ Yoga 1 ~ (Taught by Carmella)	16 11am-12pm (Taught by Priscilla) 12:30pm-1:30pm (Taught by Carmella) 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	17 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	18 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	19 9:30am-10:45am Yoga Class (Taught by Jane)	20 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) 10:45am-12pm (Taught by Carmella)
21 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	22 7am-8am ~ Yoga 2 ~ Men's Only ~ (Taught by Priscilla) 90 min class 11am-12:30pm ~ Yoga 1 ~ (Taught by Carmella)	23 11am-12pm (Taught by Priscilla) 12:30pm-1:30pm (Taught by Carmella) 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	24 NEW CLASS! 9am-10:15am Yoga Class (Taught by Jane) 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	25 SIGNUP ONLY Pranayama Meditation 9am-10am (Taught by Carmella) 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	26 9:30am-10:45am Yoga Class (Taught by Jane)	27 All CLASSES CANCELLED
28 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	29 7am-8am ~ Yoga 2 ~ Men's Only ~ (Taught by Priscilla) 90 min class 11am-12:30pm ~ Yoga 1 ~ (Taught by Carmella)	30 11am-12pm (Taught by Priscilla) 12:30pm-1:30pm (Taught by Carmella) 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)				