



June 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
2 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	3 7am Yoga Class Cancelled 90 min class 11am-12:30pm ~Yoga 1 ~ (Taught by Carmella)	4 11am Yoga Class Cancelled 12:30pm-1:30pm (Taught by Carmella) 6pm Yoga Class Cancelled	5 9am-10:15am Yoga Class (Taught by Jane) 10:30am Yoga Class CANCELLED	6 Pranayama Meditation 9am-10am (Taught by Carmella) 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	7 9:30am-10:45am Yoga Class (Taught by Jane)	1/8 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) 10:45am-12pm (Taught by Carmella)
9 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	10 7am-8am ~ Yoga 2 ~ Men's Only ~ (Taught by Priscilla) 90 min class 11am-12:30pm ~Yoga 1 ~ (Taught by Carmella)	11 11am-12pm (Taught by Priscilla) 12:30pm-1:30pm (Taught by Carmella) 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	12 9am-10:15am Yoga Class (Taught by Jane) 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	13 Pranayama Meditation 9am-10am (Taught by Carmella) 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	14 9:30am-10:45am Yoga Class (Taught by Jane)	15 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) 10:45am-12pm (Taught by Carmella)
16 9 am Yoga Class Cancelled	17 7am-8am Yoga 2 ~ Men's Only ~ (Taught by Priscilla) 90 min class 11am-12:30pm ~Yoga 1 ~ (Taught by Carmella)	18 11am-12pm (Taught by Priscilla) 12:30pm-1:30pm (Taught by Carmella) 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	19 9am-10:15am Yoga Class (Taught by Jane) 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	20 Pranayama Meditation 9am-10am (Taught by Carmella) 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	21 9:30am-10:45am Yoga Class (Taught by Jane)	22 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) 10:45am-12pm (Taught by Carmella)
23 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)	24 7am-8am ~ Yoga 2 ~ Men's Only ~ (Taught by Priscilla) 90 min class 11am-12:30pm ~Yoga 1 ~ (Taught by Carmella)	25 11am-12pm (Taught by Priscilla) 12:30pm-1:30pm (Taught by Carmella) 6pm-7pm ~ Yoga 1&2 ~ (Taught by Priscilla)	26 9am-10:15am Yoga Class (Taught by Jane) 10:30am-12pm ~ Yoga 2 ~ 90 min class (Taught by Priscilla)	27 Pranayama Meditation 9am-10am (Taught by Carmella) 11am-12pm ~ Gentle Yoga ~ (Taught by Carmella) 5pm-6pm ~ Yoga All levels ~ (Taught by Carmella)	28 9:30am-10:45am Yoga Class (Taught by Jane)	29 8:45am-10am ~ Yoga 1&2 ~ (Taught by Carmella) 10:45am-12pm (Taught by Carmella)
30 ZOOM 9am-10am ~ Yoga 1&2 ~ (Taught by Laurie)						