



ATMA BODHA YOGA STUDIO

Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:45AM Community Yoga Beginner/Basic Class (Florence) 10:00-11:30AM Beginner/ Intermediate Vinyasa (AJ)	9:00-10:30AM Open Level Vinyasa (Zoë) 12:00-12:50PM Beginner/Basic Class (Rachel)	9:00-10:30AM Beginner/ Intermediate Vinyasa (Zoë) 12:00-12:50PM Beginner/Basic Class (Sharon)	9:00-10:30AM Open Level Vinyasa (AJ) 12:00-12:50PM Beginner/Basic Class (AJ)	9:00-10:30AM Beginner/ Intermediate Vinyasa (AJ) 12:00-12:50PM Beginner/Basic Class (Kallie)	9:00-10:30AM Open Level Vinyasa (Zoë) 12:00-12:50 PM Beginner/Basic Class (Lisa) 5:30-6:45 PM Community Yoga Beginner/ Intermediate Vinyasa (Maya/Kallie)	8:30-9:45AM Beginner/Basic Class (AJ) 10:00-11:45AM Intermediate/ Advanced Vinyasa (AJ/Zoë)

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