

ATMA BODHA YOGA STUDIO

Class Schedule

Introductory Special: \$20 for 2 weeks of unlimited classes!

*Offer available for first time students only.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:45AM Integral Hatha Beginner/Basic (AJ) 10:00-11:30AM Dharma Mittra Beginner/Intermediate Vinyasa (AJ)	9:00-10:30AM Beginner/Intermediate Vinyasa (Kallie) *12:00-12:50PM Beginner/Basic (Kallie)	9:00-10:30AM Beginner/Intermediate Vinyasa (AJ) *12:00-12:50PM Beginner/Basic (Jayla)	9:00-10:30AM Beginner/Intermediate Vinyasa (Stephanie) *12:00-12:50PM Beginner/Basic (AJ)	9:00-10:30AM Beginner/Intermediate Vinyasa (Alexa) *12:00-12:50PM Beginner/Basic (AJ)	9:00-10:30AM Beginner/Intermediate Vinyasa (Christy) *12:00-12:50PM Beginner/Basic (Lisa)	8:30-9:45AM Beginner/Basic (AJ) 10:00-11:45AM Jivamukti Open Level Vinyasa (AJ)
5:30-6:45PM Beginner/Intermediate Vinyasa (Kiersten)	5:30-6:45PM Beginner/Basic (Lisa) 7:15-8:30PM Beginner/Intermediate Vinyasa (Lisa)	5:30-6:45PM Jivamukti Open Level Vinyasa (AJ) 7:15-8:30PM Community Yoga Beginner/Basic (ABY Staff)	5:30-6:45PM Beginner/Intermediate Vinyasa (Kallie) 7:15-8:30PM Beginner/Basic (Kallie)	5:30-6:45PM Jivamukti Open Level Vinyasa (AJ) 7:15-8:30PM Dharma Mittra Beginner/Intermediate Vinyasa (AJ)	4:00-5:00PM Beginner/Basic (Kim) 5:30-6:45PM Beginner/Intermediate Vinyasa (Stephanie)	

* Half Price Class

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www.atmabodhayoga.com