

ATMA BODHA



YOGA STUDIO

Class Schedule

Introductory Special: \$20 for 2 weeks of unlimited classes.
 *Offer available for first time students only for a limited time.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30-9:45AM Community Yoga Beginner/Basic Class (AJ)	6:30-8:30AM Ashtanga Mysore (AJ)	6:30-8:30AM Ashtanga Mysore (AJ)	6:30-8:30AM Ashtanga Mysore (AJ)	6:30-8:30AM Ashtanga Mysore (AJ)	6:30-8:30AM Ashtanga Mysore (AJ)	8:30-9:45AM Beginner/Basic Class (AJ)
10:00-11:30AM Beginner/Intermediate Vinyasa (AJ)	9:00-10:30AM Open Level Vinyasa (AJ)	9:00-10:30AM Beginner/Intermediate Vinyasa (AJ)	9:00-10:30AM Beginner/Intermediate Vinyasa (AJ)	9:00-10:30AM Beginner/Intermediate Vinyasa (AJ)	9:00-10:30AM Open Level Vinyasa (AJ)	10:00-11:45AM Open Level Vinyasa (AJ)
	*12:00-12:50PM Beginner/Basic Class (Lisa)	*12:00-12:50PM Beginner/Basic Class (AJ)	*12:00-12:50PM Beginner/Basic Class (AJ)	*12:00-12:50PM Beginner/Basic Class (Kallie)	*12:00-12:50PM Beginner/Basic Class (Lisa)	
	5:30-6:45PM Beginner/Basic Class (Lisa)	5:30-6:45PM Open Level Vinyasa (AJ)	5:30-6:45PM Beginner/Intermediate Vinyasa (Kallie)	5:30-6:45PM Open Level Vinyasa (AJ)	5:30-6:45PM Community Yoga Beginner/Intermediate Vinyasa (Kallie / AJ)	
	7:15-8:30PM Beginner/Intermediate Vinyasa (Kelley T.)	7:15-8:30PM Community Yoga Beginner/Basic Class (ABY Staff)	7:15-8:30PM Beginner/Basic Class (Kallie)	7:15-8:30PM Beginner/Intermediate Vinyasa (Kelly H.)		

* Half Price Class

Please See Reverse for Class Descriptions

Suite 109, Lynnhaven North Shopping Center

2728 North Mall Drive, Virginia Beach, VA 23452. 757-233-9644 or 757-286-3987(cell)

www.atmabodhayoga.com