



ATMA BODHA

YOGA STUDIO

Class Schedule

Introductory Special: 1 Week of Free Classes for First Time Students in September!

*Offer available for first time students only. Offer ends September 30th.

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

* 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