

Mystic Yoga

Fall 2020

Tuesday

9-00-10:00 AM
Power Vinyasa
w/ Kat Hartson

10:30-11:30 AM
Gentle Flow
w/ Carol Morelli

Wednesday

Thursday

9:00-10:00 AM
Gentle Flow
w/ Kat Hartson

10:30-11:30 AM
Gentle Flow
w/ Carol Morelli

5:30 -6:30 PM
Vinyasa
w/ Kat Hartson

Friday

9:00 - 10:00 AM
VIRTUAL/ONLINE
Gentle Yoga
w/ Deb Farrington
Call for Info

4:00 - 5:00 PM
VIRTUAL/ONLINE
Chair Yoga
w/ Deb Farrington
Call for Info

Saturday

9:00-10:00 AM
Rotating
Instructors &
Varied Styles

ON HOLD
UNDETERMINED
START DATE