

# The Yoga Room– Home of Yoga for every Body

## Yoga Room Schedule of Classes

*SCHEDULE below good thru July 30*

@ **THE YOGA ROOM**

418 N. MAIN ST, CROWN POINT, IN 226-1000

DAY	CLASS	TIME	STAFF
MONDAYS	Pilates	7:00-7:45am	Jennifer
	Yoga III	9:00- 10:15am	Mike
	Gentle Yoga	10:30-11:45am	Mike
	Flow I	6:00- 7:10pm	Amanda
	Yoga I/II	7:20- 8:35pm	Amanda
TUESDAYS	Yoga I/II	9:00- 10:15am	Mike
	Slow Flow	5:00– 5:50pm	Erika
	Yoga I/II	6:00- 7:15pm	Mike
	<b>HOT Flow (starts June 5)</b>	7:30-8:40pm	Bri
WEDNESDAYS	Flow I	9:00- 10:10am	Ebonie
	Slow Flow	4:30-5:30pm	Bri
	Yoga III	5:45-6:45pm	Jenny
	Yin Yoga	7:00- 8:15pm	Jenny
THURSDAYS	Yoga III	9:00– 10:15am	Mike
	Yoga I/II	10:30– 11:45am	Jennifer
	<b>Prenatal Yoga</b>	Noon-1pm	Jennifer
	Kids Yoga	5:00-5:45pm	Jennifer
	Hot Flow I	6:00- 7:10pm	Amanda
	Yoga I/II	7:20- 8:35pm	Amanda
FRIDAYS	Hot Yoga	9:00- 10:10am	Mike
SATURDAYS	Yoga I/II	8:45-10:00am	Amanda
	Pilates	10:15-11:15am	Amanda
	<b>XL-ent Yoga (July 14 &amp; 28)</b>	11:45-12:45pm	Jill

Call 226-1000 to sign  
up or for more info

*Series Starting Dates: June 4, July 2, July 30*  
*Class schedule subject to change.*

Drop-in fees: \$15/class;