



well being yoga

19347 Jensen Way · Poulsbo, WA 98370
Tel: 360.697.6100 · wellbeing-yoga.com

April - Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	**Sunday**
9:30 -10:30am Mixed Level	9:30 -10:30am Therapeutic		9:30 - 10:30am Mixed Level		
11:15 - 11:45am Gentle Chair				10:00 -11:00am Therapeutic	1:00 - 3:00pm Prenatal (Reg Req'd)
6:00 - 7:00pm Therapeutic	5:45 - 6:45pm Active		5:45 - 6:45pm Active		
	7:00 – 8:00pm Zumba!				

***** Schedule changes and new Sign-up System starting May 9th*****

**Monday, Therapeutic Yoga will start at 6:15pm
Thursday, Active Yoga will start at 6:00pm**

**New Class, starting 5/12
Therapeutic Yoga Vitamin**

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