

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
					<u>11AM – 12:30</u> Vinyasa Includes Vigorous Sequences	<u>11 AM – 12:30</u> Beginners Yoga Basics No Experience Necessary
					<u>4 PM – 5:30</u> Beginners Yoga \$5 – DROP IN No Experience Necessary	<u>4 PM – 5:30</u> Vinyasa Includes Vigorous Sequences
<u>6:30 – 8 PM</u> Beginners Yoga Basics No Experience Necessary	<u>6:30 – 7:30 PM</u> Gentle Yoga ALL LEVELS	<u>6:30 – 8 PM</u> Vinyasa Includes Vigorous Sequences	<u>6:30 – 8 PM</u> Beginners Yoga Basics No Experience Necessary			
	<u>7:45 – 9PM</u> Beginners Yoga Basics No Experience Necessary					

Om City YOGA – 2400 Mass. Ave. Cambridge, 02140 – www.cambridgeyoga.net
yogaspiritboston@earthlink.net

Drop In - \$10.00 Includes Mat - (cash or check only) Doors open 15 minutes before start of class
This schedule is subject to change – To confirm a class please call: 781-648-0722 or check website.

You must arrive at least 5 minutes early to be admitted to class. Doors are locked promptly at the start of class in order to avoid interruptions. Once the doors are locked you may not be admitted to the studio. All payments for drop-in classes are to be cash or check only.