



Winter Session*

January 1, 2012 - February 29, 2012

Namasté Yogis!

MONDAY

Bliss Yoga I	11:00 - 12:15 pm	Pam
Chair Yoga @ NOCCAA	2:00 - 3:15 pm	Pam
Bliss Yoga I	5:30 - 6:45 pm	Barb
Bliss Yoga II	7:00 - 8:15 pm	Barb

TUESDAY

Bliss Yoga I	9:00 - 10:15 am	Carey
Bliss Yoga II	10:30 - 11:45 am	Carey
Hot Funky Flow Yoga	5:30 - 6:45 pm	Carey
Bliss Yoga I	7:00 - 8:15 pm	Carey

WEDNESDAY

Bliss Yoga II	9:00 - 10:15 am	Jaala
Bliss Yoga I	11:00 - 12:15 pm	Pam
Chair Yoga @ NOCCAA	2:00 - 3:15 pm	Pam
Bliss Yoga II	5:30 - 6:45 pm	Charlie
Yoga with a Kick	7:00 - 8:15 pm	Charlie

THURSDAY

Bliss Yoga I	9:00 - 10:15 am	Nicole
Hot Funky Flow Yoga	4:30 - 5:45 pm	Carey
Bliss Yoga II	6:00 - 7:15 pm	Jaala

FRIDAY

Movin' Groovin' Vinyasa	9:00 - 10:15 am	Carey
Bliss Yoga II	5:30 - 6:45 pm	Nicole

SATURDAY

Newbie Yoga with Cecelia	8:30 - 9:45 am	Cecelia
Bliss Yoga II	10:00 - 11:15 am	Charlie

SUNDAY

Free Community Yoga	1:00 - 2:15 pm	Nicole
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Lakeshore Yoga Center • 715 1/2 Washington • Grand Haven • lakeshoreyoga.com
616.844.1900

*Beginning March 1, 2012, all sessions will be scheduled on a monthly basis.