

## **Yoga North Fall 2021 Class Schedule**

September 13 to December 18, 2021

***All classes are a hybrid, held both in person & online through Zoom***

### **Mondays**

9:30 am	All Levels	with Regan
11:30 am	Gentle	with Regan
1:30 pm	Restorative	with Regan
5:30 pm	All Levels	with Drew
7:30 pm	Men's Class	with Drew

### **Tuesdays**

7 pm	Healthy Backs	with Regan
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### **Wednesdays**

9:30 am	All Levels	with Drew
11:30 am	Gentle	with Drew
5:30 pm	Level 2-3	with Andrea
7:30 pm	Level 1-2	with Andrea

### **Thursdays**

10 am	Women's Class	with Regan
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### **Saturdays**

9 am	Level 2-3	with Andrea
11am	Level 1-2	with Regan

*Classes are 1.5 hours unless otherwise noted.*

***No classes October 11, November 11, December 19 to Jan 2***

*Schedule subject to change and minimum enrollment.*

**Yoga North has made the switch to a [NEW ONLINE REGISTRATION](#) system called Punchpass. For step by step instructions on how to sign-up, pay and reserve your classes, [CLICK HERE](#)**