

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	We are scheduled to open September 13th.							
	Please check back periodically as new classes are added daily.							
9	9:30 - 10:30 Family Yoga (4-6 Years)	9:30 - 10:15 Mommy and Yogini Yoga (new walkers - 2 years)	9:00 - 9:45 Parent and Yogini (Strong Walkers - 3	9:30- 11:30 Big Kid Yoga	9:30 - 10:15 Parent and Yogini (walkers - 3 Years)	9:00 - 11:00 Big Kid Yoga	9:15 - 10:00 Parent & Yogini (Walkers - 3 years)	
10	10:45 - 11:45 Family Yoga (7-12 Years)	10:30 - 11:30 3 - 4 Year Olds (with/ without caregiver)	10:00am - 12:00 pm Big Kid Yoga	9:30- 11:30 Big Kid Yoga	10:30 - 11:30 2 - 3 1/2 Year Olds (Drop Off)	9:00 - 11:00 Big Kid Yoga	10:15 - 11:30 Yoga Conditioning Level 1	
11			10:00am - 12:00 pm Big Kid Yoga			11:15 - 1:15 New Parent Yoga Group	11:45 - 1:00pm Yoga Conditioning Level 2	
12		12:00 - 1:00 Lunch Time Power Hour	12:15pm-1:30 Gentle Yoga with Julia		12:15 - 1:15 Lunch time Vinyasa with Lisa			
1						1:30 - 2:15 Mommy and Yogini Yoga (new walkers - 2 years)		
2		3:15 - 3:45 Playtime Yoga	3:00 - 3:45 Hoboken Community Yoga		2:00 - 2:45 Hoboken Community Yoga			
3		4:00 - 5:00 4- 6 Years	3:45 - 4:45 7-9 years	3:00 - 4:00 4-6 Years	3:00 - 4:00 Yoga En Espanol (Ages 4 - 7 Years)	3:00 - 3:30 Playtime Yoga		

