



CLASS SCHEDULE

MONDAYS

10:00-11:30am Beginner
5:30-7:00pm Beginner

TUESDAYS

CLOSED

WEDNESDAYS

4:00-5:00pm Pre-Teen

THURSDAYS

6:30-7:30am Gentle
9:30-10:30am Senior Yoga AT
Wall Municipal
3:30-5:00pm Beginner

FRIDAYS

4:00-5:00pm Teen

***ALL CLASSES ARE 6 WEEK SESSIONS!
PRE-REGISTRATION IS REQUIRED.***

***REMEMBER A CLASS CAN BE ADDED AT ANY TIME BASED ON DEMAND.
IF YOU DON'T SEE A CLASS THAT FITS YOUR SCHEDULE PLEASE CALL***

***732-681-0990 OR email
pcanning@yogalifecenter.net***