Classes appropriate for Beginners

Eff 3/26/2017. Subj to change. Always check online schedule.

yoga schedule

45 mountain blvd, warren, nj (908) 834-8064
www.onyxyogastudio.com

Intro Special - 30 Days Unlimited Yoga $39 - New Customers Only*

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7 am		7:30-8:45am Vinyasa Flow Level 2/3 Jessie			7:30-8:30am Vinyasa Flow Level 2/3 Nancy		7:45-9:00am Vinyasa Flow Mixed Level Gemma
8 am	8:30-9:00am Meditation Instruction & Practice - Kim				8:45-9:45am Reiki & Meditation Jill	8:00-9:15am HOT Flow Denise	8:00-9:15am HOT Flow Jennifer
9 am	9:15-10:30am HOT Flow Michael	9:15-10:30am HOT Flow Nancy	9:00-10:15am Kundalini Yoga Barbara 9:15-10:30am WARM Flow Sherry	9:15-10:30am HOT Flow Josh	9:15-10:30am WARM Flow Gabi	9:15-10:30am Vinyasa Flow Mixed Level Ranjitha	9:15-10:30am Vinyasa Flow Mixed Level Shannon 9:15-10:30am Kids Yoga Pam
	9:30-10:45am Kundalini Yoga Mixed Level Shannon	9:30-10:45am Vinyasa Flow Mixed Level Shannon 9:45--10:45am Pranayama & Meditation Micole	9:30-10:45am Jivamukti Flow Mixed Level Karen	9:30-10:45am Vinyasa Flow Mixed Level Jessie	9;30-10:30am Yoga for Recovery (complimentary) Shannon	9:30-10:45am HOT Flow Gemma	9:30-10:45am WARM Jivamukti Flow Karen
10 am					10:00-11:15am Vinyasa Flow Mixed Level Ranjitha		
11 am	11:00am-12:15pm Vinyasa Flow Level 1 Jane	11:00am-12:15pm Restorative Yoga Reena	11:00am-12:15pm Therapeutic Yoga Judit	11:00am-12:15pm Vinyasa Flow Level 1 - Judit		11:00am-12:00pm Gentle Hatha for Stress Relief Ranjitha	11:00am-12:15pm Gentle Hatha for Stress Relief Reena
12 noon					12:00-1:00pm Vinyasa Flow Level 1 - Sherry		
4 pm							4:00-5:15pm WARM Flow Teresa
5 pm	5:30-6:30pm Gentle Hatha for Stress Relief Judy	5:30-6:30pm Vinyasa Flow Mixed Level Ranjitha		5:30-6:30pm Yoga Basics Jennifer 5:45-7:00pm WARM Gabi			
6 pm	6:00-7:00pm WARM Jivamukti Flow Karen 6:45-8:00pm Vinyasa Flow Mixed Level Michael	6:15-7:15pm HOT Power Hour Noelle 6:45-8:00pm Gentle Hatha Yoga for Stress Relief Ranjitha	6-7:15pm Kundalini Yoga Tracy 6:15-7:15pm HOT Power Hour Teresa 6:30-7:30 pm Vinyasa Flow Mixed Level Gabi	6:45-8:00pm Kundalini Yoga Shannon	6:00-7:15pm Pranayama & Meditation Susie 6:15-7:30pm Jivamukti Flow Mixed Level Karen		
7 pm	7:15-8:30pm HOT Jivamukti Flow Karen	7:30-8:45pm HOT Flow Denise	7:30-8:45pm WARM Flow Michael 7:45-9:00pm Gentle Hatha for Stress Relief - Reena	7:15-8:30pm HOT Flow Jane			7:00-8:15pm Restorative Yoga by Candlelight Micole
8 pm	8:15-9:15pm Yoga Basics Alison			8:15-9:30pm Gentle Yoga Practice w Yoga Nidra Judy 8:30-9:30pm Community Class			