

YOGA CENTRAL & YFCC* WEEKLY SCHEDULE

SUN	Multi-Level 8:45 – 10:00 AM Becky Online/In-Person	Prenatal 10:30 - 11:30 AM Becky Online only			
MON	Multi-Level 8:45 - 10:00 AM Becky Online/In-Person				Beginner/Multi-Level 6:00 - 7:15 PM Antonette Online/In-person
TUES	YFCC – Gentle Mat Class 9:30 – 10:30 AM Online	YFCC – Meditation 10:45 – 11:15 AM Louise Online	Chair Yoga 3:00 – 4:00 PM Ana Online		Core Yoga 6:00 – 7:15 PM Becky Online/In-Person
WED	Gentle/Focus on the Joints 8:45 – 10:00 AM Antonette Online/In-Person	T'ai Chi Chih 11:00 AM – 12:00 PM Janet Online/In-Person	Wind Down Wed Meditation 4:00 – 4:45 PM Katie Online		Extra Gentle Mat Class/ YFCC 5:30 – 6:30 PM Ana Online
THURS	Multi-Level 9:30 – 10:45 AM Donna M Online		Multi-Level 4:30 – 5:45 PM Donna M Online only		Gentle Flow 6:15 – 7:30 PM Katie Online/In-Person
FRI	Core Yoga 8:45 – 10:00 AM Becky Online/In-person	YFCC – Chair Class 9:30 – 10:20 Alternate Fridays/Online YFCC – Gentle Mat Class 10:15 – 11:15 AM/Online	YFCC - Chair Class 3:00 – 4:00 PM Alternate Fridays Online		
SAT	Beginner/Gentle 9:00 – 10:15 AM Kathy Online/In-Person	Peace of Mind Meditation 11:00 AM – 12:00 PM Katie Online/In-Person			*Yoga for Cancer Care classes are ONLINE for cancer survivors, patients, and caregivers

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