

THE YOGA ROOM

CLASSES FOR JANUARY – APRIL 2019

	TIME	TEACHER, CLASS	DATES	STUDIO	CONTACT
SUNDAY	9 – 10:30am	Thara Srinivasan, Level 1 – 3	1 / 6 – 4 / 28	B	510 – 524 – 5467
	9:30 – 11:30am	Gay White, Level 2 – 4	1 / 6 – 4 / 28	A	510 – 204 – 9322
	4 – 5:30pm	Shari Ser, Yoga for Healthy Bones	1 / 6 – 4 / 28	B	510 – 725 – 1127
	4:30 – 6pm	Gay White, Level 1 – 3	1 / 6 – 4 / 28	A	510 – 204 – 9322
MONDAY	7 – 8:30 am	Sandy Zirulnik, Level 1 – 3	1 / 7 – 4 / 29	B	510 – 421 – 3050
	9:30 – 11:30am	Mary Lou Weprin, Level 2 – 4	1 / 7 – 4 / 29	A	510 – 236 – 0295
	12 – 1:15pm	Deidre O'Brien, Level 1 – 3	1 / 7 – 4 / 29	A	510 – 849 – 2045
	4 – 5:30pm	Shari Ser, Level 1 – 3	1 / 7 – 4 / 29	A	510 – 725 – 1127
	5:30 – 7pm	Yoko Yoshikawa, Level 2 – 3	1 / 7 – 4 / 29	B	510 – 526 – 8336
	7:15 – 8:45pm	Elizabeth Costello, Community Class**	1 / 7 – 4 / 29	B	415 – 412 – 8614
TUESDAY	7 – 8:30am	Linda Burnham, Level 1 – 3	1 / 8 – 4 / 30	A	510 – 459 – 9285
	9:15 – 10:45am	Bridget Frederick, Level 1 – 3	1 / 8 – 4 / 30	B	510 – 306 – 0126
	9:30 – 11:30am	Debbie Gilman, Level 2 – 4	1 / 8 – 4 / 30	A	510 – 919 – 4456
	11:45am – 1:15pm	Mary Lou Weprin, Level 1 – 3	1 / 8 – 4 / 30	A	510 – 236 – 0295
	3 – 4:15pm	Bonnie & Shari, Yoga for Health	1 / 8 – 4 / 30	A	510 – 548 – 9566
	4:30 – 5:30pm	Shari Ser, Level 1	1 / 8 – 4 / 30	A	510 – 725 – 1127
	5:45 – 7:15pm	Deborah Saliby, Level 1 – 3	1 / 8 – 4 / 30	B	510 – 541 – 1395
	7:30 – 8:30pm	Tasha Hansen, Level 1 – 3	1 / 8 – 4 / 30	A	510 – 759 – 1007
WEDNESDAY	7 – 8:30am	Ada Lusardi, Level 1 – 4 *	1 / 2 – 4 / 24	A	510 – 552 – 0155
	9 – 10:30am	Gay White, Level 2 – 4	1 / 2 – 4 / 24	A	510 – 204 – 9322
	9:30 – 11am	Debbie Gilman, Level 1 – 3	1 / 2 – 4 / 24	B	510 – 919 – 4456
	11am – 12:30pm	Deidre & Herta, Yoga for 55+	1 / 2 – 4 / 24	A	510 – 845 – 8724
	4 – 5:30pm	Bonnie Maeda, Restorative Yoga	1 / 2 – 4 / 24	A	510 – 548 – 9566
	6 – 7:15pm	Shannon Knorr, Yoga for Women's Health	1 / 2 – 4 / 24	A	510 – 206 – 7131
	7:30 – 9:00pm	Hillary Russak, Level 1 – 3	1 / 2 – 4 / 24	B	650 – 274 – 6939
THURSDAY	9:30 – 11:30am	Mary Lou Weprin, Level 3 – 5 FULL	1 / 3 – 4 / 25	A	510 – 236 – 0295
	12 – 1:15pm	Bridget Frederick, Level 1 – 3	1 / 3 – 4 / 25	B	510 – 306 – 0126
	12:15 – 1:45pm	Ada Lusardi, Level 1 – 3*	1 / 3 – 4 / 25	A	510 – 552 – 0155
	4 – 5:30pm	Gay White, Level 1 – 3	1 / 3 – 4 / 25	A	510 – 204 – 9322
	5:15 – 7pm	Mary Lou Weprin, Level 2 – 4	1 / 3 – 4 / 25	B	510 – 236 – 0295
	6:00 – 7:15pm	Anna Rich, Introduction to Yoga	1 / 3 – 4 / 25	A	510 – 612 – 5799
	7:15 – 9pm	Ada Lusardi, Level 2 – 4*	1 / 3 – 4 / 25	B	510 – 552 – 0155
	FRIDAY	7 – 8:30am	Ada Lusardi, Level 1 – 4 *	1 / 4 – 4 / 26	A
9:30 – 11am		Clare Finn, Level 1 – 3	1 / 4 – 4 / 26	B	925 – 324 – 7071
9:30 – 11:30am		Ada Lusardi, Level 2 – 4* FULL	1 / 4 – 4 / 26	A	510 – 552 – 0155
11:45am – 1:15pm		Mary Lou Weprin, Level 1 – 3	1 / 4 – 4 / 26	B	510 – 236 – 0295
5:45 – 7:30pm		Gay White, Level 2 – 4	1 / 4 – 4 / 26	A	510 – 204 – 9322
SATURDAY	8 – 9:15am	Jim Stockton, Level 2 – 4	1 / 5 – 4 / 27	B	510 – 282 – 0446
	9:15 – 10:45am	Gay White, Level 2 – 4	1 / 5 – 4 / 27	A	510 – 204 – 9322
	9:30 – 11am	Mary Lou Weprin, Level 1 – 3	1 / 5 – 4 / 27	B	510 – 236 – 0295
	11am – 12:30pm	Gay White, Yoga Movement	1 / 5 – 4 / 27	A	510 – 204 – 9322
	11:15am – 1:15pm	Mary Lou Weprin, Level 2 – 4	1 / 5 – 4 / 27	B	510 – 236 – 0295

*The first class of each month is Yin Yoga / Myofascial Release | **Community Class: Level 1-3 donation based class open to the public.