

# Jewel Yoga Schedule

| MON                             | TUE                                | WED   | THU                                  | FRI                         | SAT/SUN                             |
|---------------------------------|------------------------------------|---|--------------------------------------|-----------------------------|-------------------------------------|
|                                 | 9:00 am<br>Tonya<br>Level 1<br>**  |   |                                      |                             | <b>SAT</b>                          |
|                                 | 11:00 am<br>Tonya<br>Level 2<br>** | 10:00 am<br>Cindy<br>Gentle                     | 10:00 am<br>Tonya<br>Level 1-2       | 10:00 am<br>Jane<br>Level 2 | 9:00 am<br>Martina<br>Level 2<br>*  |
|                                 |                                    | <i>12:00 pm<br/>Nicolo<br/>All Levels</i><br>** | 12:00 pm<br>Martina<br>Level 2<br>** |                             | 11:00 am<br>Lori<br>Community       |
|                                 |                                    | 4:00 pm<br>Tonya<br>Level 3<br>**               |                                      |                             |                                     |
| 5:30 pm<br>Annika<br>All Levels | 5:30 pm<br>Nicolo<br>Level 2<br>** | 6:00 pm<br>Tonya<br>Level 1                     | 6:00 pm<br>Tonya<br>Level 2          |                             | <b>SUN</b>                          |
|                                 | 7:30 pm<br>Roberto<br>MA<br>**     |   |                                      |                             | 9:00 am<br>Nicolo<br>Level 2-3      |
|                                 |                                    |   |                                      |                             | 11:30 am<br>Roberto<br>Gentle<br>** |

\* Online

\*\* Hybrid (in person or online)

*italics - 60 Minute Class*