

# Jewel Yoga Schedule

MON	TUE	WED	THU	FRI	SAT/SUN
	9:00 am Tonya Level 1 **			8:00 am Roberto Back Care **	<b>SAT</b> 9:00 am Martina Level 2 *
10:00 am Jane Beg. Yoga	11:00 am Tonya Level 2 **	10:00 am Cindy Gentle	10:00 am Tonya Level 1-2	10:00 am Jane Level 2	11:00 am Lori Community (All Levels)
12:30 pm Jane Healthy Aging (3 Mondays)		<i>12:00 pm</i> <i>Nicolo</i> <i>All Levels</i> **	12:00 pm Martina Level 2		
		4:00 pm Tonya Level 3 **			<b>SUN</b>
5:30 pm Lori All Levels	5:30 pm Nicolo Level 2 **	6:00 pm Tonya Yoga Fundamentals	6:00 pm Tonya Level 2		9:00 am Nicolo Level 2-3
	7:30 pm Roberto MA **				11:30 am Roberto Gentle **

\* Online

\*\* Hybrid (in person or online)

*italics - 60 Minute Class*