

The Centered Place
286 Bridge Street
Warren MA 01083
413 436-7374



Weekly Class Schedule

Contact us to schedule your first class.

For the current month's schedule, including studio closings and special events, see www.thecenteredplace.com/calendar.

Day of Week	Time	Class Type
Monday	5:30 to 7 pm	Continuing
Tuesday	9:00 to 10:30 am	Continuing
	6:30 to 8:30 pm	Yoga + Meditation
Wednesday	5:00 to 6:30 pm	Continuing
Thursday	9 to 10:30 am	Continuing (on site only)
Friday	10 to 11:30 am	Experienced
Saturday	10 to 11:30 am	Continuing