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



Weekly Class Schedule

Contact us to schedule your first class. All classes except Thursday mornings are offered both at the studio and on-line via Zoom. For a Zoom link and passcode information, contact us.
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
	New starting time: 6:00 to 8:00 pm	Yoga + Meditation (Beginners and Experienced)
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