

Boynton Yoga Wellness Weekly Class Schedule - September 2017

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM	Gentle Yoga 60 Min	Gentle Yoga 60 Min		Gentle Yoga 60 Min	Gentle Yoga 60 Min	Guided Meditation 30 Min	
9:30 AM			Yoga and Meditation for Weight Loss 60 Min				
10:00 AM						Gentle Yoga 60 Min	Iyengar Yoga Level 1 75 Min
10:30 AM	Gentle Yoga 75 Min				Gentle Yoga 75 Min		
11:30 AM		Seated Chair Yoga 60 Min		Seated Chair Yoga 60 Min			
1:30 PM			Gentle Yoga 60 Min				
5:00 PM		Intro to Mindfulness Practices 75 Min					
5:15 PM		Yin Yoga 60 Min					
5:30 PM	Restorative Yoga 60 Min						
5:45 PM			Seated Chair 60 Min				
6:00 PM	Yoga for Beginners 75 Min		Kripalu Yoga 75 Min				
6:30 PM		Power Vinyasa Flow 60 Min		Power Vinyasa Flow 60 Min			

Call 561-455-6342 or go online at www.boyntonyogawellness.com for the latest schedule