

E-mail – HarmonyYoga@optonline.net

<Note>

- The Star mark (**) classes are on-going class now!!
- “Starting Soon” means that has not started yet but we want to start. If you are interested the class, please apply it.
- The classes sometimes cancel. Please call to make sure, if you are not regular the class.

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<p>9:15-10:30 Yoga open level Please request if you like this class Starting soon)</p>	<p>** 10:00 – 11:30 Yoga Mixed level (Mariko)</p> <p>** 11:45 Yoga Therapy Semi-private (Appointment Only)</p>	<p>** 9:30-10:30 Pilates Welcome to beginners (Suzan)</p> <p>**10:45-12:15 Healing Yoga Gentle Welcome to beginners (Mariko)</p>	<p>**10:00-11:15 Yoga/Pilates Fusion Open level Welcome to beginners (Suzan)</p> <p>**11:40-1:00 Yoga (By appointment) (Adrienne)</p>	<p>** 9:30-10:45 Yoga Open level Welcome to beginners (Ilana)</p>	<p>**7:30- 8:30 Tai-Chi (Joseph L)</p> <p>**9:15-10:30 Yoga -Inter level (Mariko) **10:45-12:15 Yoga- Gentle Beginners Welcome (Mariko)</p>	<p>7:30-8:30 Tai-Chi Starting soon</p> <p>**9:45-11:00 Yoga Open level Welcome to beginners (Bonnie)</p>
<p>2:30-1:30 Mom & Me Yoga (Toddler)</p> <p>1:00 Pilates Semi-Private 2:30 Private Semi-Private Appointment Only)</p> <p>3:30-5:30 Mom & children Yoga(2.5yr-6 yr.old) Starting soon October</p>	<p>1:00 & 2:00 Yoga or Pilates Private& Semi-private Shiatsu / Reiki (Mariko) (Appointment Only)</p> <p>5:00-6:00 High School Teens Yoga Starting soon</p>	<p>12:30 & 1:45 Private & Semi-private class Shiatsu / Reiki (Appointment Only) (Mariko)</p> <p>4:15-5:30 After school Yoga For Adults Starting soon</p>	<p>**4:30-5:40 Pre-teen/Teens Yoga & Art</p>	<p>12:30-1:30 Mom & Me Yoga (Toddler)</p> <p>2:30-3:30 Tai-chi/ Qigong Starting soon</p> <p>**4:30-5:30 Family Yoga Mom & Childen (by Appointment)</p>	<p>**1:00-2:00 Family Yoga (by Appointment)</p> <p>3:00~ Pregnancy Massage & Reiki Healing Private Available (Appointment Only)</p>	<p>Pregnancy Massage Therapy Reiki Healing Private Available (Appointment On</p>
<p>** 6:30-7:30 Pilates Welcome to beginners (Lori)</p> <p>7:45-9:00 Yoga Open level Welcome beginners Please request if you like this class Starting soon</p>	<p>**6:30-7:45 Gentle Yoga Open level (Hollie)</p>	<p>** 6:00-7:15 Pregnancy Yoga (Barbara)</p> <p>** 7:30-9:00 Yoga Open level Beginners Welcome (Barbara)</p>	<p>** 6:00-7:15 Yoga Gentle /Beginner (Mariko)</p> <p>** 7:30-9:00 Yoga Inter level (Fall special) Yoga & Meditation (Oct20th – Nov10th) (Mariko)</p>	<p>**6:30-7:30 Teens Yoga II (by Appointment)</p>		<p>**7:00-8:00 Reiki Healing Circle (by Appointment)</p>

The Star mark (**) classes are on- going class now!! The classes sometimes cancel. Please call to make sure, if you are not regular the class.