

E-mail – [HarmonyYoga@optonline.net](mailto: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><b>**New!!</b> <b>10:00-11:15</b> <b>Yoga open level</b> (Cleo)</p>	<p><b>** 10:00 – 11:30</b> <b>Yoga</b> <b>Mixed level</b> (Mariko)</p> <p>** 11:45 Yoga Therapy Semi-private (Appointment Only)</p>	<p><b>** 9:30-10:30</b> <b>Pilates</b> Welcome to beginners (Suzan)</p> <p><b>**10:45-12:15</b> <b>Healing Yoga</b> <b>Gentle</b> Welcome to beginners (Mariko)</p>	<p><b>**10:00-11:15</b> <b>Yoga/Pilates</b> <b>Fusion</b> <b>Open level</b> Welcome to beginners (Suzan)</p> <p>**11:40-1:00 Yoga (By appointment) (Adrienne)</p>	<p><b>** 9:30-10:45</b> <b>Yoga</b> <b>Open level</b> Welcome to beginners (Ilana)</p>	<p><b>**7:30- 8:30</b> <b>Tai-Chi</b> (Joseph L)</p> <p><b>**9:15-10:30</b> <b>Yoga -Inter level</b> (Mariko) <b>**10:45-12:15</b> <b>Yoga- Gentle</b> Beginners Welcome (Mariko)</p>	<p>7:30-8:30 Tai-Chi Starting soon</p> <p><b>**New!!</b> <b>10:15-11:30</b> <b>Yoga Open level</b> (Ilana)</p> <p>11:45-1:00 Pregnancy Yoga Starting soon Ask for register</p>
<p><b>1:30-12:30</b> <b>Mom &amp; Me</b> <b>Yoga ( Toddler)</b></p> <p>1:00 Pilates Semi-Private 2:30 Private Semi-Private Appointment Only)</p> <p><b>3:30-5:30</b> <b>Mom &amp; children</b> <b>Yoga(2.5yr-6 yr.old)</b> Starting soon October</p> <p><b>** 6:30-7:30</b> <b>Pilates</b> Welcome to beginners (Lori)</p> <p><b>7:45-9:00</b> <b>Yoga</b> <b>Open level</b> Welcome beginners Please request if you like this class Starting soon</p>	<p><b>1:00 &amp; 2:00</b> Yoga or Pilates Private&amp; Semi-private Shiatsu / Reiki (Mariko) (Appointment Only)</p> <p><b>5:00-6:00</b> <b>High School Teens</b> <b>Yoga Starting soon</b></p> <p><b>**6:30-7:45</b> <b>Gentle Yoga</b> <b>Open level</b> (Hollie)</p>	<p><b>12:30 &amp; 1:45</b> Private &amp; Semi-private class Shiatsu / Reiki (Appointment Only) (Mariko)</p> <p><b>** 6:00-7:15</b> <b>Pregnancy Yoga</b> (Nicole)</p> <p><b>** 7:30-9:00</b> <b>IshitaYoga /</b> <b>Meditation-</b> <b>Open level</b> Beginners Welcome (Nicole)</p>	<p><b>4:30-5:40</b> <b>Pre-teen/Teens</b> <b>Yoga</b></p> <p><b>** 6:00-7:15</b> <b>Yoga</b> <b>Gentle /Beginner</b> (Mariko/Nicole)</p> <p><b>** 7:30-9:00</b> <b>Prana Flow Yoga/</b> <b>Meditation-</b> <b>Open level</b> (Mariko/Nicole)</p>	<p><b>11:30-12:30</b> <b>Mom &amp; Me</b> <b>Yoga (Toddler)</b></p> <p>2:30-3:30 Tai-chi/ Qigong Starting soon</p> <p><b>**4:30-5:30</b> <b>Family Yoga</b> Mom &amp; Childen (by Appointment)</p> <p><b>**6:30-7:30</b> <b>Teens Yoga II</b> (by Appointment)</p>	<p><b>**1:00-2:00</b> <b>Family Yoga</b> (by Appointment)</p> <p>3:00~ Pregnancy Massage &amp; Reiki Healing Private Available (Appointment Only)</p>	<p>Pregnancy Massage Therapy Reiki Healing Private Available (Appointment On</p> <p><b>**7:00-8:00</b> <b>Reiki Healing</b> <b>Circle</b> (by Appointment)</p>

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