



SUN	MON	TUES	WED	THRS	FRI	SAT
		77 WEST MAIN ST. 2nd Floor	(508)435- 3366	Hopkinton		
9:30am Yoga Flow 75 mins/Deb					9:30am Yoga Flow 75mins/Deb	9:30am Yoga Flow 75 mins/Mimi
		5pm Yoga Flow 55 mins/Mimi		5pm Yoga Flow 1 Hour/Mimi		
5pm RESTORATIVE YOGA 75 mins/Michele	6pm Yoga Flow 75 mins Ellen	6pm Barre Basics 1 Hour Mimi	6pm Yoga Flow 75 Mins Kathleen	6:15pm Intro to Pilates 1 hour/Chris		KIDS YOGA June 27th 3-4pm
	Meditation Monday June 22nd 7:30pm	7:15pm Prenatal Yoga Ally				Chakra Workshop June 20th 12pm

Drop ins Welcome for \$15 ~ First Yoga Class FREE! (New Students Only)

Beginners Welcome to ALL classes. Please call or visit us online to register for classes and events.

JUNE EVENTS

COME VISIT OUR TABLE AT PINK PINT NIGHT JUNE 24th!

Meditation Monday with Deb Newman-McGonnell

June 22nd \$15

Kids Yoga with Miss Shannen Roy

Saturday June 27th

Healing and Balancing Your Chakras with Chris Roberts

Saturday June 20th \$20

77 West Main St. Hopkinton

info@absoluteyoga.net

(508)435-3366