



<u>SUN</u>	<u>MON</u>	<u>TUES</u>	<u>WED</u>	<u>THRS</u>	<u>FRI</u>	<u>SAT</u>
		77 WEST MAIN ST.	(508)435 -3366	Hopkinton on the 2nd Floor		8am Barre Basics Mimi
9:15 am Yoga Flow 75 minutes Deb					9:15 am Yoga Flow 75 Mins Deb	9:15am Yoga Flow 75 Mins Mimi
	6pm Yoga Flow 75 mins Ellen	6pm Barre Basics 1 Hour Mimi	6pm Yoga Flow 75 Minutes Kathleen	6pm Basic Yoga 1 Hour Bobbi		
5pm Restorative Yoga 75 mins Michele		7:15pm Prenatal Yoga 1 Hour Ally		7:15pm Restorative Yoga w. Aromatherapy 75 Minutes Michele		

September 28th - [Meditation Monday](#) 7:30pm

October 1st Thrs 6-7pm - **Beginners/Basic Yoga Session**

October 17th - **FREE** Ladies night out 3-5pm

October 2nd - **Kids Yoga Pj Party** 6:30-7:30pm

October 30th - **HALLOWEEN Kids Yoga Party** 6:30pm

November 7th - **Afternoon Ladies Retreat** 3-5pm

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