

## **Yoga Garden Class Schedule January 2026 revised 1-10-26**

### **Monday**

9:30-10:30 am      Yoga Basics Plus/Jackie (**Cancelled 1-26**)  
11:15-12:15 pm      Circuit Training w/Jackie **Limit 20 students. Walk-ins welcome if there is space. (Cancelled 1-26)**

### **Tuesday**

9:30-10:30 am      Mat Pilates w/Sefi  
11-12 pm      Tai Chi w/Hans (100% donation class. **Final class 1-27**)

### **Wednesday**

8-9 am      Circuit Training w/Mateo (limit 20 students) (**Cancelled 1-28**)  
9:30-10:30 am      Vinyasa Flow Yoga w/Sarah  
11-12 pm      Chair Pilates w/Sefi

### **Thursday**

9:30-10:30 am      Yoga Basics Plus w/Jackie (**Cancelled 1-29**)  
11-12pm      Gentle Yoga for Seniors and Beginners w/Jackie (**Cancelled 1-29**)

### **Friday**

9:30-10:30 am      Mat Pilates w/ Sefi  
11:15-12:15 pm      Circuit Training w/Jackie **Limit 20 students. Walk-ins welcome if there is space. (Cancelled 1-23 and 1-30).**

### **Saturday**

9:30-10:30 am      Feel Good Yoga Flow w/Sarah  
12:30-2:00 pm      Singing for Fun w/Jeanette

### **Sunday**

9:30-11am      YIN Yoga and Crystal Bowl Sound Bath w/Jackie (**Cancelled 1-25 and 2-1**)

**Contact your instructors for further information or to sign up for classes.**

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