

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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