

Yoga Garden Class Schedule April 2026

MONDAY

8-9 am Circuit Training w/Jackie **(final class 4/20)**

9:30-10:30 am Yoga Basics Plus w/Jackie **(final class 4/20)**

TUESDAY

9:30-10:30 am Mat Pilates w/Sefi **(final class 4/14)**

WEDNESDAY

8-9 am Circuit Training w/Mateo **(final class 4/22)**

9:30-10:30 am Vinyasa Flow Yoga w/Sarah **(final class 4/22)**

11-12 pm Chair Pilates w/Sefi **(final class 4/15)**

THURSDAY

9:30-10:30 am Yoga Basics Plus w/Jackie **(final class 4/23)**

11-12 pm Gentle Yoga for Seniors and Beginners w/Jackie **(final class 4/23)**

FRIDAY

8-9 am Circuit Training w/Jackie **(final class 4/24)**

9:30-10:30 am Mat Pilates w/Sefi **(final class 4/17)**

SATURDAY

9:30-10:30 am Saturday Yoga: Nourish and Restore w/Sarah **(final class 4/18)**

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

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Hans hansheld@gmail.com

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