



YOGASMITH

DOVER STUDIO
Fall 2018

Dover Class Schedule: Sept 1st – Dec 31st, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am Level 2 Stacey			7:30am Level 2 Elizabeth		
9:00am All Levels Katie	9:00am All Levels Stacey	9:00am Level 2 Kate	9:00am All Levels Shelly	9:00am All Levels Elizabeth	8:00am Level 2 Abigail	8:00am Level 2 Elizabeth
4:30pm All Levels Karyn	4:00pm <i>Yoga & Cancer*</i> Deb	4:30pm All Levels Elizabeth			9:30am Level 1 Abigail	9:30am All Levels Elizabeth
6:00pm Level 2 Niki	5:30pm Level 2 Camie	6:00pm Level 2 Elizabeth	5:30pm All Levels Ankati			
7:30pm Yin/All Levels Niki	7:00pm Restorative Karyn		7:00pm Level 2 Ankati	<i>*Yoga and Cancer, offered through a partnership with SATYA, is a free community class. No pre-registration required.</i>		

**Studios are closed the SECOND FULL WEEKEND OF EACH MONTH
(Sept 8-9, Oct 13-14, Nov 10-11, Dec 8-9) as well as Labor Day, Thanksgiving, and Christmas**