



YOGASMITH

AMESBURY STUDIO
Jan - May 2019

Amesbury Class Schedule: Jan 1st – May 31st, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:15am Gentle Yoga Jennifer	6:30am Level 2 John	9:15am All Levels Kacy		8:00am Level 2 Sarah	
		10:30am <i>Tai Chi*</i> Chris	11:00am Gentle Yoga Jennifer	10:30am <i>Tai Chi*</i> Chris	9:30am All Levels Barbara	<i>Look for rotating specialty classes</i>
			3:30pm All Levels Jennifer	12:00pm All Levels Sarah		
5:30pm Level 2 Kerrie		6:00pm All Levels Barbara	5:30pm Level 2 Gail			
	7:00pm All Levels Jennifer			Tai Chi* is specialty class offered at an additional cost (not included in membership). Contact us at info@yogasmith.com for more details or drop in and pay at the door.		

Studios are closed on January 1, April 21, and May 27.

Check the website for up-to-date changes and snow updates. www.yogasmith.com