



YOGASMITH

DOVER STUDIO
Jan - May 2019

Dover Class Schedule: Jan 1st - May 31st, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30am Level 2 Stacey			7:30am Level 2 Elizabeth	8:00am Level 2 Abigail	
9:00am All Levels Katie	9:00am All Levels Stacey	9:00am Level 2 Katie	9:00am All Levels Shelly	9:00am All Levels Elizabeth	9:30am Level 1 Abigail	8:30am Level 2 Elizabeth
4:30pm All Levels Karyn	4:00pm <i>Yoga & Cancer*</i> Michelle	4:30pm All Levels Elizabeth				10:00am All Levels Elizabeth
6:00pm Yin/All Levels Niki	5:30pm Level 2 Abigail	6:00pm Level 2 Elizabeth	5:30pm All Levels Ankati			
	7:00pm Restorative Abigail		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 (Jan 12-13, Feb 9-10, Mar 9-10, Apr 13-14, May 11-12) as well as New Year's Day, Easter, and Memorial Day.

Visit www.yogasmith.com for up-to-date schedule.