

CURRENT CLASS SCHEDULE: As of 1/20/10

MULTI-LEVEL Bellydance : Monday 7:15pm, Tuesday 6:00pm
Thursday. 7:15pm

YOGA: Monday & Thursday at 6:00pm
Wednesday at 6:30pm
Sunday mornings 9:00am YogaFlow (ON REQUEST)
Daytime classes also available on request

You can buy classes a couple ways...

First, **class cards:** \$15 single, \$72 for 6 classes (valid 2 months), \$100 for 10 classes (valid 3 months).

Or, you can **buy by the month:** 1 class per week for one month is \$30. Unlimited classes per week for one month is \$49 (good for bellydance and yoga classes) or a couples card for \$69, one month unlimited classes (you can share with a friend). We do accept credit cards.

Wear stretchy comfortable clothes and layers are advisable. Water is always available. High quality yoga mats and props and bellydance hip scarves are available for purchase in the studio. **Please try to be on time.** Any class with no attendance by 15 minutes after the scheduled start time will be canceled so be sure to call if you're coming late. You may bring your workout clothes and change here. Doors are open 10 minutes prior to class time.