



# YOGA

## ON CENTER

Cloverdale

### MONDAY

|              |  |              |           |
|--------------|--|--------------|-----------|
| 9:00-10:15am | Vinyasa                                      | Mia Munselle | Level 1-2 |
| 12:00-1:00pm | Gentle Yoga                                  | Mia Munselle | Level 1   |
| 5:30-7:00pm  | Yoga with Mary                               | Mary Paffard | Level 2-3 |
| 7:15-8:15pm  | Intro to Yoga* (4 week series, begins Jan 8) | Mary Paffard | Level 1   |

### TUESDAY

|             |         |             |     |
|-------------|---------|-------------|-----|
| 6:00-7:00pm | Vinyasa | Sarah Meyer | ALL |
|-------------|---------|-------------|-----|

### WEDNESDAY

|             |                              |                |          |
|-------------|------------------------------|----------------|----------|
| 6:00-7:00am | Early Bird Yoga              | Mia Munselle   | ALL      |
| 4:00-5:00pm | Yoga for Men Special Series* | Jerry Sinclair | Men only |
| 6:30-7:30pm | Vinyasa with Maleese         | Maleese Warner | All      |

### THURSDAY

|              |                                |                |           |
|--------------|--------------------------------|----------------|-----------|
| 7:30-8:30am  | Vinyasa                        | Mary Paffard   | Level 2-3 |
| 9:00-10:00am | Beginner Yoga                  | Mary Paffard   | Level 1   |
| 6:00-7:00pm  | Vinyasa (class begins Jan 4th) | Maleese Warner | ALL       |

### FRIDAY

|              |         |            |           |
|--------------|---------|------------|-----------|
| 9:00-10:15am | Vinyasa | Jenn Russo | Level 1-2 |
|--------------|---------|------------|-----------|

### SATURDAY

|              |         |               |     |
|--------------|---------|---------------|-----|
| 9:00-10:15am | Vinyasa | Vinita/ Nancy | ALL |
|--------------|---------|---------------|-----|

All classes are subject to change. PLEASE see the website for daily changes, holiday schedules and subs.

\*Special class or series, separate rates may apply.

105 First Street • Cloverdale, CA • 707 433-6500 • [yogaoncenter.com](http://yogaoncenter.com)