



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

TUESDAY

4:00-5:00pm	Yoga for Men Special Series*	Bruce Johnston	Men only
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*	Bruce Johnston	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	Maleese Warner	ALL

FRIDAY

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

9:00-10:15am	Vinyasa	Nancy Frey	ALL
10:30-11:30am	Gentle/Beginner Yoga	Nancy Frey	Level 1

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