



# YOGA

## ON CENTER

Cloverdale

### MONDAY

9:00-10:15am	Vinyasa	Mia Munselle	Level 1-2
10:30-11:30am	Gentle Yoga	Mia Munselle	Level 1
5:30-6:45pm	All Level Vinyasa	Nancy Frey	All
7:00-8:00pm	Gentle/Beginner Yoga	Nancy Frey	Level 1

### TUESDAY

6:30-7:30pm	Vinyasa Yoga	Katina Knapp	ALL
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### WEDNESDAY

6:00-7:00am	Early Bird Yoga	Mia Munselle	ALL
10:15-11:00am	Pilates Mat <i>*class starts April 11th</i>	Rachel Messenger	ALL
4:00-5:00pm	Yoga for Men Special Series*	Jerry Sinclair	Level 1
6:30-7:30pm	Vinyasa with Maleese	Maleese Warner	ALL

### THURSDAY

7:30-8:30am	Vinyasa	Mary Paffard	Level 2
9:00-10:00am	Yoga Basics	Mary Paffard	Level 1

### FRIDAY

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

9:00-10:15am	Vinyasa	Nancy Frey	ALL
10:30-11:30	Gentle 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](http://yogaoncenter.com)