

FREE Virtual Yoga with Melissa: May 2020

To Signup: 917.669.3902 (Text/Call)

All classes are FREE for the month of May to keep everyone strong and healthy during this extended quarantine.

Sunday	Monday	Tuesday	Wed	Thursday	Fri	Sat
10:30am - 11:30am Gentle Yoga	7:30pm – 8:30pm Flow & Restore Yoga	5:15pm – 6:15pm Power Yoga		5:15pm – 6:16pm Beginner Yoga		

Donations are appreciated and accepted to support future offerings.

