

Classes appropriate for Beginners

yoga schedule

MON - THURS

45 mountain blvd, warren, nj (908) 834-8064
www.onxyyogastudio.com

Eff 8/13/2018. Subj to change.
Always check online schedule.

Intro Special - 30 Days Unlimited Yoga \$39 - New Customers Only*

	Mon	Tues		Wed	Thurs
7 am		7:30-8:45am Vinyasa Flow Level 2/3 Josh			
8 am	8:30-9:00am Meditation Instruction & Practice - Kim			8:00-9:15am Kundalini Barbara	
9 am	9:00-10:15am Kundalini Csilla	9:15-10:30am WARM Vinyasa Nancy		9:15-10:30am WARM Vinyasa John	9:15-10:30am HOT Flow Josh
	9:15-10:30am WARM Vinyasa Michael	9:30-10:45am Vinyasa Flow Mixed Level Shannon		9:30-10:45am Vinyasa Flow Mixed Level Alex	9:30-10:45am Vinyasa Flow Mixed Level Sherry
	9:30-10:45am Yin Yang Yoga Shannon				
11 am	11:00am-12:15pm Vinyasa Flow Level 1 Jane	11:00am-12:15pm Restorative Yoga Sherry	11:15-12:30am Yin Yoga Judith	11:00am-12:15pm Therapeutic Yoga Judith	11:00am-12:15pm Vinyasa Flow Level 1 Judith
5 pm	5:30-6:30pm Gentle Hatha for Stress Relief Judy	5:30-6:30pm Vinyasa Flow Mixed Level Ranjitha			5:30-6:30pm Yoga Basics Jennifer
					5:45-7:00pm WARM Vinyasa Gabi
6 pm	6:00-7:00pm WARM Vinyasa Shereen	6:15-7:15pm HOT Power Hour Noelle		6:15-7:15pm HOT Power Hour Teresa	6:15-7:30pm Kundalini Yoga Jill
	6:45-8:00pm Vinyasa Flow Mixed Level Michael	6:45-8:00pm Gentle Hatha Yoga for Stress Relief Ranjitha		6:30-7:30pm Vinyasa Flow Mixed Level Gabi	6:45-8:00pm Yin Yang Yoga John
7 pm	7:15-8:30pm HOT Flow Mixed Level Teresa	7:30-8:45pm HOT Flow Denise		7:30-8:45pm WARM Vinyasa Michael	7:15-8:30pm HOT Flow Jane
				7:45-9:00pm Gentle Hatha for Stress Relief Reena	
8 pm	8:15-9:15pm Yoga Basics Alison				8:15-9:30pm Gentle Yoga Practice w Yoga Nidra Judy
					8:30-9:30pm Community Class

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over for Fri - Sat

onyx yoga schedule

FRI - SUN

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	Fri	Sat	Sun
7 am	7:30-8:45am HOT Flow Nancy	7:45-9:00am Yin Yoga Emily	7:45-9:00am Vinyasa Flow Mixed Level Gemma
8 am		8:00-9:15am HOT Flow Denise	8:00-9:15am HOT Flow Teresa
9 am	9:15-10:30am WARM Vinyasa Gabi	9:15-10:30am Vinyasa Flow Mixed Level Ranjitha	9:15-10:30am Vinyasa Flow Mixed Level Shannon
	9:30-10:45am Yoga for Athletes Jane starts Sept. 7th Must pre-register	9:30-10:45am HOT Flow Gemma	9:30-10:45am WARM Vinyasa Jill P.
10 am	10:00-11:15am Vinyasa Flow Mixed Level Ranjitha		
11 am	11:30am-12:45pm Restorative Reena	11:00am-12:00pm Gentle Hatha for Stress Relief Ranjitha	11:00am-12:15pm Gentle Hatha for Stress Relief Reena
12 noon	12:00-1:00pm Vinyasa Flow Level 1 Sherry		
6 pm	6:15-7:30pm Vinyasa Flow Mixed Level Nancy D.		
7 pm			7:00-8:15pm Yin Yoga Emily