

Leominster Yoga Center

145 Central St Suite 201 Leominster MA leominsteryoga.com

(978)860-6042 info@leominsteryoga.com



AP: Anita Perry
AV: Ashley Valeri
AL: Ann-Marie LaBollita
JL: Jenn Lopez

NW: Noel Weatherbee
NP: Natalie Pelletier
JD: Jenn Dillon
WA: Wendy Arena

2019 MARCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
24	25	26	27	28	01	02
					9:30am Yoga Foundations 10:45am Tiny Tots NP (45 min) 5pm Equanimity Yoga FREE Community Class WA	8am Feel Good Flow AV 9:30am Hatha JL
03	04	05	06	07	08	09
10am Lengthen&Strengthen JD 5pm Restorative NW	9:30am Feel Good Flow AV 7pm Lengthen&Strengthen JD	9:30am Mindful Morning Flow NW 4pm Feel Good Flow AV	9:30am Reduce Stress & Gain Flexability AL 11am Reduce Pain w/ Yoga AL 7pm Mindful Flow&Unwind NW	12pm Mindful Midday FlowNW 4pm Hatha AP 6:30pm Yin Yoga JL	9:30am Yoga Foundations 10:45am Tiny Tots NP (45 min) 5pm Equanimity Yoga FREE Community Class WA	8am Feel Good Flow AV 9:30am Hatha JL
10	11	12	13	14	15	16
10am Lengthen&Strengthen JD	9:30am Feel Good Flow AV 7pm Lengthen&Strengthen JD	9:30am Mindful Morning Flow NW 4pm Feel Good Flow AV	9:30am Reduce Stress & Gain Flexability AL 11am Reduce Pain w/ Yoga AL 7pm Mindful Flow&Unwind NW	12pm Mindful Midday FlowNW 4pm Hatha AP 6:30pm Yin Yoga JL	9:30am Yoga Foundations 10:45am Tiny Tots NP (45 min) 5pm Equanimity Yoga FREE Community Class WA	8am Feel Good Flow AV 9:30am Hatha JL 1pm Yoga & Oils 101 Workshop AV (90 min) \$20
17	18	19	20	21	22	23
10am Lengthen&Strengthen JD	9:30am Feel Good Flow AV 7pm Lengthen&Strengthen JD	9:30am Mindful Morning Flow NW 4pm Feel Good Flow AV	9:30am Reduce Stress & Gain Flexability AL 11am Reduce Pain w/ Yoga AL 7pm Mindful Flow&Unwind NW	12pm Mindful Midday FlowNW 4pm Hatha AP 6:30pm Yin Yoga JL	9:30am Yoga Foundations 10:45am Tiny Tots NP (45 min) 5pm Equanimity Yoga FREE Community Class WA	8am Feel Good Flow AV 9:30am Hatha JL
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Schedule subject to change. Sign up at leominsteryoga.com/schedule, or on the MindBody mobile app. You can also sign up by texting 978-860-6042.

All classed 60 minutes unless otherwise noted. \$14 drop in, \$48 4-class pass, \$80 8-class pass, \$95 monthly unlimited.