



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

Spring 2020 Online Drop-In Classes

1 hour Drop-in classes \$18 per class Class Passes Ok
MindBody Online Registration Required

Monday, Mar. 30	9:30 am	Beginning	Hope
	11:30 am	Adv. Beginning	Beth
Tuesday, Mar. 31	1:30 pm	Adv. Beginning	Beth
Wednesday, Apr. 1	11:30 am	Adv. Beginning	Beth
Thursday, Apr. 2	9:30 am	Beginning	Rachel
	6:00 pm	Intermediate	Julie
Friday, Apr. 3	8:15 am	Intermediate	Laila
	10:00 am	Adv. Beginning	Beth
Monday, Apr. 6	9:30 am	Beginning	Beth
	6:00 pm	Beginning	DeeAnn
Tuesday, Apr. 7	1:30 pm	Adv. Beginning	Beth
	6:00 pm	Adv. Beginning	Beth
Wednesday, Apr. 8	9:30 am	Adv. Beginning	Beth
	11:30am	Adv. Beginning	Stuart
Thursday, Apr. 9	6:00 pm	Beginning	Caroline
Friday, Apr. 10	10:00 am	Adv. Beginning	Beth
	11:45 am	Adv. Beginning	Beth

Beginning = Levels 1-2 Adv. Beginning = Levels 2-3 Intermediate = Levels 3-4 & up

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