



GUDMESTAD
YOGA TRADITION

Paxson Yoga Center

Holiday 2022 Classes

These classes are 90 minutes; you may use your drop-in passes. To practice online sign up on our website at least an hour in advance. To practice in person, advance sign-up is appreciated as it makes for easier check in.

Monday, Dec. 12	9:30 am	Adv. Beginning	Karen
Tuesday, Dec. 13	11:30 am	Intermediate	Julie
Wednesday, Dec. 14	9:30 am	Adv. Beginning	Laila
	6:00 pm	Intermediate	Beth
Thursday, Dec. 15	11:30 am	Adv. Beginning	Laura
Friday, Dec. 16	12:00 pm	Adv. Beginning	Denise
Saturday, Dec. 17	8:00 am	Adv. Beginning	Hope
	10:00 am	Beginning	Hope
Monday, Dec. 19	11:30 am	Adv. Beginning	Denise
Tuesday, Dec. 20	6:00 pm	Intermediate	Beth
Monday, Dec. 26	11:30 am	Adv. Beginning	Denise
Tuesday, Dec. 27	6:00 pm	Intermediate	Beth
Friday, Dec. 30	12:00 pm	Adv. Beginning	Beth

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

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