

winter '24 schedule

Winter: 12 week term
Begins week of January 8, 2024
Last classes on March 30, 2024

Cost: 1 class \$234 (\$246 after December 20)
2 classes \$421.20 (\$442.80 after December 20)
Level 4-5 (2 hr) \$264 (\$276 after December 20)

Key to Teachers:

Beth Paxson, LMT, E-RYT Julie Gudmestad, PT, E-RYT
Alice Chang, RYT Hope Fyfield, PT, E-RYT
Karen Hearn, CIYT Denise Jones, E-RYT
Caroline Klug, PTA, RYT

Classes will be taught in the hybrid model, except those indicated with an * (in-studio only).

BEGINNING LEVELS

Day	Level	Time	Studio	Instructor
Monday	1	9:30 am - 11:00 am	A	Hope
Wednesday	1	11:30 am - 1:00 pm	A*	Hope
Saturday	1	10:00 am - 11:30 am	A	Hope
Monday	2	11:30 am - 1:00 pm	A	Hope
Monday	2	6:00 pm - 7:30 pm	B	Denise
Thursday	2	11:30 am - 1:00 pm	B	Alice
Friday	2	10:15 am - 11:45 am	A	Beth
Tuesday	2-3	7:00 am - 8:30 am	A	Hope
Tuesday	2-3	9:00 am - 10:30 am	A	Hope

Bold indicates new class, teacher, time or level change

*** In-Studio only**

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ATHLETES INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Wednesday	A3-4	6:30 pm - 8:00 pm	A	Beth

INTERMEDIATE LEVELS

Day	Level	Time	Studio	Instructor
Tuesday	3	9:30 am - 11:00 am	B	Denise
Tuesday	3	6:00 pm - 7:30 pm	A	Beth
Friday	3	12:15 pm - 1:45 pm	A	Beth
Saturday	3	8:00 am - 9:30 am	A	Hope
Monday	3-4	6:00 pm - 7:30 pm	A	Caroline
Tuesday	3-4	11:30 am - 1:00 pm	A	Hope
Wednesday	3-4	9:30 am - 11:00 am	A	Hope
Wednesday	3-4	5:30 pm - 7:00 pm	B	Caroline
Thursday	3-4	11:30 am - 1:00 pm	A	Beth
Friday	I2/4*	8:15 am - 9:45 am	A	Karen
Wednesday	4-5	11:30 am - 1:30 pm	B	Beth, Karen

Bold indicates new class, teacher, time or level change

*I2/4 = Iyengar Level 2/PYC Level 4



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&
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