



ADULT ONLY SCHEDULE Spring/Summer 2008

A variety of adult-only yoga classes take place at It's Yoga, Kids and are managed by the instructors themselves. Please contact the instructor directly for details about classes.

DAY/TIME	CLASS	INSTRUCTOR	CONTACT
Monday 7:15-8:15am 9:15-10:15am 5:45-7:15pm	Hatha Yoga NIA Movement Iyengar Yoga	Steve Engstrom Monica Welty Robert Brook	healinhands@hotmail.com mtwelty@yahoo.com robertbrookyoga@gmail.com
Tuesday 5:30-6:45pm	Yoga for Pain	Marilyn Kregle	marilynkriegel@mac.com
Wednesday 7:15-8:15am	Hatha Yoga	Steve Engstrom	healinhands@hotmail.com
Thursday 5:30-6:45pm	Yoga for Pain	Marilyn Kregle	marilynkriegel@mac.com
Friday 7:15-8:15am	Hatha Yoga	Steve Engstrom	healinhands@hotmail.com
Saturday 9:00-10:15am	Vinyasa Yoga	Todd Taylor	todd@toddtaylorbodywork.com
Sunday 8:30-10:00am	Tri Yoga	Marilyn Kregle	marilynkriegel@mac.com