



Tenth Gate

CENTER FOR YOGA AND MEDITATION



Winter 2010

Monday

6:00-7:00 AM
9:30-11:00 AM
5:30-7:00 PM
6:00 -7:30 PM

HEATED HOUR OF POWER
KUNDALINI YOGA
HEATED POWER VINYASA YOGA
BLISS

BETH
REINETTE
LIZ
NATALIE

Tuesday

9:30-11:00 AM
10:30 AM-12:00 PM
12:00-1:00 PM
5:30-7:00 PM

VINYASA FLOW
BLISS
HEATED HOUR OF POWER
KUNDALINI YOGA

SHERI
NATALIE
LIZ
TOM

Wednesday

6:30-7:30 AM
9:30-10:15 AM
10:30 AM-12:00 PM
4:00-5:00 PM
4:00-5:00 PM
5:30-7:00 PM
6:00-7:30 PM

KUNDALINI YOGA
MOMMY & ME YOGA SERIES (AGES 2-4)*
KUNDALINI YOGA
YOGA CORE FLOW
PILATES MAT
BEGINNER YOGA & MEDITATION
VINYASA FLOW

REINETTE
LYNDA
SAT SIRI
AGGIE
TRACIE
BARBARA
JESSICA

Thursday

9:00-10:30 AM
10:30 AM-12:00 PM
5:30-7:00 PM
6:00-7:30 PM

HEATED POWER VINYASA YOGA
MINDFULNESS YOGA
KUNDALINI YOGA
BLISS

LIZ
PRISCILLA
TOM
NATALIE

Friday

6:30-7:30 AM
9:00-10:30 AM
9:30-11:00 AM
5:30-7:00 PM

KUNDALINI YOGA
HEATED POWER VINYASA YOGA
HATHA
ASHTANGA VINYASA YOGA

TOM
RENEE
BARBARA
SHERI

Saturday

8:00-9:30 AM
10:30-11:30 AM
8:30-9:30 AM
9:45-10:45 AM
11:00 AM-12:00 PM

HEATED POWER VINYASA YOGA
HEATED HOUR OF POWER
PILATES MAT
CHILDREN'S YOGA SERIES* (AGES 5-8)
CHILDREN'S YOGA SERIES* (AGES 9-12)

LIZ
LIZ
TRACIE
LYNDA
LYNDA

Sunday

9:30-11:00 AM

KUNDALINI YOGA

REINETTE

~ SCHEDULE SUBJECT TO CHANGE ~

**Class Cards and Unlimited Passes can not be used for Series Classes.*

401.683.YOGA (9642)
tenthgateyogacenter.com

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