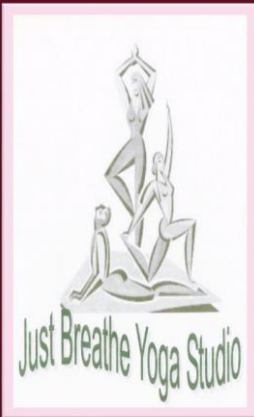




2017

MAY



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Rome, NY 13440
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yoga@justbreatheyogastudio.com

SUN	MON	TUE	WED	THU	FRI	SAT
30 <i>*75-90 min class **2 hour class ***2 1/2 hour class</i>	1 9:30 am Yoga I-Vickie 5:30 pm Yoga Essentials & Fundamentals*-Nicole	2 9:30 am Beginner's Yoga-Mary 5:00 pm Essential Oils 101-Vickie 5:30 pm Yoga I-Mary 6:45 pm Yin Yoga *-Nicole	3 9:30 am Slow Flow Yoga*-Mary	4 9:30 am Beginner's Yoga-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	5 9:30 am Yoga I/II-Vickie	6 9:30 am All Levels Yoga -Liz 10:45 am Yin Yoga*-Nicole
7 4:00 pm All Levels Yoga-Liz	8 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	9 9:30 am Beginner's Yoga-Nicole 5:30 pm Yin Nidra with candlelight**-Nicole	10 9:30 am Slow Flow Yoga*-Nicole	11 9:30 am Beginner's Yoga-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	12 9:30 am Yoga I/II-Vickie	13 9:30 am All Levels Yoga -Liz (10:00 am Stretch & Sip @Copper City Brewing-Nicole)- SOLD OUT!
14 CLOSED 	15 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	16 9:30 am Beginner's Yoga-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga *-Nicole	17 9:30 am Slow Flow Yoga*-Nicole	18 9:30 am Beginner's Yoga-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	19 9:30 am Yoga I/II-Vickie	20 9:30 am Yin/Yang Yoga* -Nicole 11:15 pm Just Breathe & Read
21 4:00 pm All Levels Yoga-Vickie	22 9:30 am Yoga I-Vickie 5:30 pm Beginner's Yoga-Nicole 6:45 pm Slow Flow Yoga*-Nicole	23 9:30 am Beginner's Yoga-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga *-Nicole	24 9:30 am Slow Flow Yoga*-Nicole (5:30 pm Journey through the Chakras Yoga*-Nicole)	25 9:30 am Beginner's Yoga-Nicole 5:15 pm Slow Flow Yoga I/II*-Nicole 7:00 pm Pilates -Vickie	26 CLOSED 	27 CLOSED 
28 CLOSED 	29 CLOSED 	30 9:30 am Beginner's Yoga-Nicole 5:30 pm Yoga I-Nicole 6:45 pm Yin Yoga *-Nicole	31 9:30 am Slow Flow Yoga*-Nicole (5:30 pm Journey through the Chakras Yoga*-Nicole)	DROP-IN CLASSES (DAILY, WEEKLY OR MONTHLY) DO NOT REQUIRE PRE-REGISTRATION. SPECIAL SESSIONS, EVENTS & WORKSHOPS <i>PRE-REGISTRATION REQUIRED.</i>		

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