

DECEMBER 2020

Schedule Subject to Change.
Most up to date information available on our website

Established 2005. Celebrating 15 years in Business in 2020



Per NYS mandate: we are open for in-person classes at 33% capacity. We are only allowed 5 students + 1 instructor in the studio for these classes. Utilizing our online booking system is HIGHLY encouraged, though you may call the studio to book as well. Masks ARE required per NYS at this time. Thank you for your understanding & cooperation.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>30 In Studio classes are: in-person Online or Virtual Hybrid has both in-person & Online Options *75-90 min class **2 hour class ***2 1/2 hour class</p>	<p>1 9:30 am Beginner's Yoga (hybrid)-Nicole 4:30 pm Prenatal Yoga Series(hybrid)-Nicole 6:15 pm Yin Yoga*-Nicole (online)</p>	<p>2 9:30 am Slow Flow Yoga (hybrid)-Nicole 5:30 pm Yoga I (online)-Gabby 5:30 pm Core Yoga (in-studio)-Sarah 5:30-8pm Yoga Teacher Training (200)</p>	<p>3 9:30 am Beginner's Yoga (hybrid) -Nicole 5:30 pm Slow Flow Yoga VII* (hybrid) -Nicole</p>	<p>4 9:30 am Yin/Yang Yoga*-Nicole (online) 9:30 am Yoga for <u>Every</u> Body (in-studio)-Colleen</p>	<p>5 YouTube Channel: TBA 9:30am-5pm Yoga Teacher Training (200)</p>
<p>7 9:30 am Mellow Morning Yoga (hybrid) -Nicole 5:30 pm Beginner's (hybrid)-Gabby</p>	<p>8 9:30 am Beginner's Yoga (hybrid)-Nicole 4:30 pm Prenatal Yoga Series(hybrid)-Nicole 6:15 pm Yin Yoga*-Nicole (online)</p>	<p>9 9:30 am Slow Flow Yoga (hybrid)-Nicole 5:30 pm Yoga I (online)-Gabby 5:30 pm Core Yoga (in-studio)-Sarah 5:30-8pm Yoga Teacher Training (200)</p>	<p>10 9:30 am Beginner's Yoga (hybrid) -Nicole 5:30 pm Slow Flow Yoga VII* (hybrid) -Nicole</p>	<p>11 9:30 am Yin/Yang Yoga*-Nicole (online) 9:30 am Yoga for <u>Every</u> Body (in-studio)-Colleen</p>	<p>12 YouTube Channel: TBA 9:30am-5pm Yoga Teacher Training (200)</p>
<p>14 9:30 am Mellow Morning Yoga (hybrid) -Nicole 5:30 pm Beginner's (hybrid)-Gabby</p>	<p>15 9:30 am Beginner's Yoga (hybrid)-Nicole 4:30 pm Prenatal Yoga Series(hybrid)-Nicole 6:15 pm Yin Yoga*-Nicole (online)</p>	<p>16 9:30 am Slow Flow Yoga (hybrid)-Nicole 5:30 pm Yoga I (online)-Gabby 5:30 pm Core Yoga (in-studio)-Sarah 5:30-8pm Yoga Teacher Training (200)</p>	<p>17 9:30 am Beginner's Yoga (hybrid) -Nicole 5:30 pm Slow Flow Yoga VII* (hybrid) -Nicole</p>	<p>18 9:30 am Yin/Yang Yoga*-Nicole (online) 9:30 am Yoga for <u>Every</u> Body(in-studio)-Colleen 5:30 pm Relax, Renew & Restore Yoga Happy Hour+(online)-Nicole</p>	<p>19 YouTube Channel: TBA 9:30am-5pm Yoga Teacher Training (300A&B)</p>
<p>21 9:30 am Mellow Morning Yoga (hybrid) -Nicole 5:30 pm Beginner's (hybrid)-Gabby</p>	<p>22 9:30 am Beginner's Yoga (hybrid)-Nicole 5:30 pm Celebrate the Winter Solstice Event**-Nicole (Hybrid)</p>	<p>23 9:30 am Slow Flow Yoga (hybrid)-Nicole 5:30 pm Yoga I (online)-Gabby 5:30 pm Core Yoga (in-studio)-Sarah</p>	<p>24 9:30 am Beginner's Yoga (hybrid) -Nicole **No Evening Classes**</p>	<p>25 </p>	<p>26 CLOSED</p>
<p>28 9:30 am Mellow Morning Yoga (hybrid) -Nicole 5:30 pm Beginner's (hybrid)-Nicole</p>	<p>29 9:30 am Beginner's Yoga (hybrid)-Nicole 6:15 pm Yin Yoga*-Nicole (online)</p>	<p>30 9:30 am Slow Flow Yoga (hybrid)-Nicole 5:30 pm Yoga I (online)-Nicole 5:30 pm Core Yoga (in-studio)-Sarah</p>	<p>31 9:30 am Beginner's Yoga (hybrid) -Nicole **No Evening Classes**</p>	<p>1 10:30 am Detox Flow for the New Year(hybrid)*-Nicole </p>	<p>2 Like Us on Facebook: justbreatheyogastudirome</p>

NOW offering: In-person, Online & Hybrid Yoga classes

Additional Classes, Privates & Semi-privates available by appointment, in-person or online

ALL Interactive Online Yoga classes included in ALL JBYS packages

AND Virtual ONLY Packages (in-person classes not included)

ALL YouTube Offerings are DONATION ONLY

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