

Sol Full Yoga
 101 Carpenter Pl
 Monroe, NY 10950
 845.827.6220 ◻



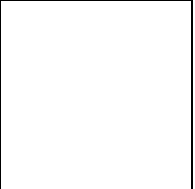
**STUDIO
 CLASSES**

Fall Schedule

◻ Sept 20, 2021

solfullyyoga.com

MON	TUES	WED	THUR	FRI	SAT	SUN
9:30-10:30am Warm Your Sol With Dawn ◻All Levels.	9:15-10:15 am Sol Pilates with Sharon. All Lev *online	9:45-10:45am Gentle/Restorative wArleneAvail online	9:30-10:30 am Gentle Sol with Katie All Levels *avail Online	9:15-10:15am Sol Power(HOT) with Arlene ◻Level 2/3	9:30-10:30 am Sol Power(HOT) with Marina ◻Lev 2/3	8:30-9:30 am Gentle/Restorative With Margaret All Levels *Avail online
	10:30-11:30 am Beginner Yoga With Arlene	11:00-12:00 pm Chair Yoga with Arlene All Lev		10:30-11:30am Gentle Sol with Arlene All Levels	10:45-11:45 am Beginner Sol with Carolyn *Avail online	10:00-11:00am Sol Pilates with Kim All Levels *Avail online
				*Avail online		
7:00-8:00pm Sol Power(HOT) with Arlene ◻Lev 2/3	6:00-7:00pm Barre Fusion with Kim *Avail online	6:30--7:30 pm Sol Power with Jessica ◻ Level 2/3	7:00-8:00 pm Warm Vin & Yin w/Jessica Lev 2 *online			
	7:15-8:15pm Gentle Yoga Nidra with Jenese All Levels *online					



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