



Studio Be Spring Schedule

March - June 2007

Day	Time	Class	Instructor
Monday	9:45 - 10:15	Level 1-2	Lisa
	11:45 - 1:00	New Moms	Lisa
	6:00 - 7:15	Level 1-2	Andrea
	7:30 - 8:45	Core	Andrea
Tuesday	10:00 - 11:15	Gentle/Therapeutic	Lisa
	6:00 - 7:15	Intro Series	Lisa
	7:30 - 8:45	Level 1-2	Lisa
Wednesday	9:30 - 11:00	Level 1-2	Andrea
	5:30 - 7:00	Core/Balance	Lisa
Thursday	9:45 - 11:15	Level 2-3	Lisa
	6:00 - 7:15	Level 1-2	Kris
	7:30 - 8:45	Intro Series	Kris
Friday	9:00 - 10:30	Level 1-2	Lainie / Joanmarie
	7:00 - 8:30	Free Friday*	Staff
Saturday	9:00 - 10:30	All Levels	Andrea/Lisa
	10:45 - 12:00	Prenatal	Catherine
Sunday	9:30 - 11:00	Intro/Level 1**	Lainie

*Free Friday is offered once per month on the second Friday of each month.

** Sunday classes begin April 1st.

Holiday closures: May 28th, July 4th, Sept 3rd, Nov 22nd and Dec 24/25th.

Visit our website for the latest class, event and schedule information: www.YogaStudioBe.com

Studio Be Yoga
223 Kirkland Ave
Kirkland, WA 98033

(425) 614-8887