

TTMT Yoga Schedule 2019

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17 8:30a & 10:30a- "Intro to Yoga" with Cia	18	19 9:30a- "Gentle Yoga" with Lori	20	21 6p- "Gentle Yoga" with Cia	22	23
24 10:30a- "Yoga for Back Pain" with Cia	25	26 9:30a- "Gentle Yoga" with Lori	27	28 6p- "Gentle Yoga" with Cia	<u>March</u> 1	2
3	4	5 9:30a- "Gentle Yoga" with Lori	6	7 6p- "Gentle Yoga" with Cia	8	9

Our Studio is located at 321 Main Street, Suite 8 in Niantic CT.

Please arrive a few minutes prior to the start of each class. All events and classes are \$12 per person. Packages of five (5) classes are available for only \$50! Call or text 860-941-6343 to reserve your spot, spaces are limited!