

Monday

6:00 - 7:15pm	Vinyasa Flow	All levels	Scoop
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Tuesday

8:00 - 9:00am	Beach Yoga**	All levels	Stacey
9:30 - 10:45am	Forrest Yoga	All levels	Stacey
7:15 - 8:30pm	Forrest Yoga	All levels	Stacey
6:00 - 7:00pm*	Vinyasa Flow*	All levels	Scoop @ The Benz Center

Wednesday

6:15 - 7:30am	Forrest Yoga	All levels	Stacey
9:30 - 10:30pm	Kids Yoga	All levels	Bonnie
6:00 - 7:15pm	Vinyasa Flow	All levels	Scoop

Thursday

8:00- 9:00am	Beach Yoga**	All levels	Scoop
9:30 - 10:45pm	Vinyasa Flow	All levels	Scoop
11:15 - 12:15pm	Qi Gong	All levels	Leslie
5:30 - 7:00pm	Forrest Yoga^	All levels	Stacey
6:00 - 7:15pm	Yoga/Core Strength	All levels	Pasha

Friday

9:00 - 10:30am	Hot Yoga	All levels	Heather (No sessions 7/11, 7/18)
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Saturday

9:00 - 10:15am	Vinyasa / Forrest+	All levels	Scoop / Stacey
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Classes offered at various locations around the Lakes Region

** Albee Beach, Wolfeboro NH

* Benz Center, Sandwich NH

^ Holland Hill studio, Moultonborough NH

+ Alternating classes and instructors