

oxcomyoga



fall schedule

MON

9 AM Gentle Yoga (Jessica)
5:30 PM Vinyasa Yoga (Scott)
7 PM Evening Flow (Hillary)

TUE

9 AM Flow Yoga (Jessica)
11:30 AM Yoga Foundations (Jill)
6:30 PM Gentle Yoga (Jessica)

WED

6:30 AM Sunrise Vinyasa (Jessica)
7 PM Evening Flow (Hillary)
8:30 PM Restore & Unwind (Georgia)

THU

9 AM Flow Yoga (Jessica)
5 PM Yin Yoga (Gail)
6:30 PM Gentle Yoga (Jessica)

FRI

6:30 AM Sunrise Yoga (Jessica)

SAT

8:30 AM Flow Yoga 75 (Jessica)

SUN

11 AM Rise & Shine Yoga (Chi) Begins Oct 9th!
7 PM Restorative Yoga (Hillary)

Register at www.oxfordcommunityyoga.com
Questions? oxcomyoga@gmail.com