



gateway yoga

Fall 2010 | September 13 - December 12*

12 Week Fall Session*

Fees: Session \$162/ Student Session \$150 / Drop-In: \$15 / Student Drop-In \$13

Please check our website for special discounts

1818-103 Oberlin Road Raleigh, NC 27608 www.gatewayyoga.com 919-571-YOGA

mon	tue	wed	thu	fri	sat	sun
		7-8:15 Yoga 1-2 Practice Melinda				
	9-10:30 Yoga 1-2 Lydia		9 - 10:30 Yoga 1.5 Melinda	9-10 Pilates Deborah	9 - 10:30 Yoga 1-2 Michelle	
	11 - 1 Advanced Practice Lila					
		4:30 - 5:30 Pilates Deborah		4:30 - 6 Yoga 1-2 Holly		3-4:30 ** Yoga Fundamentals Lydia
5:45 - 7:15 Yoga 1-2 Practice Lydia	5:45 - 7:15 Yoga 1-2 Lila	5:45 - 7:15 Yoga 1 Lila	5:45 - 7:15 Yoga 1-2 Practice Lila			5-6:30*** Yoga & Live Music Lila & Mark
7:30 - 9 Heart Centered Hooping Meghan & Grayson	7:30 - 9 Yoga 1 Holly	7:30 - 9 Yoga 2 Lila	7:30 - 9 Yoga 2 Lydia			

* The week of Thanksgiving, November 22-28 is not included in the pre-paid session plan and class schedule may vary

** Yoga Fundamentals is a 5 week course from Sept 19 - October 17, \$50 for session, \$10 drop-in

*** Yoga & Music scheduled for 10/3, 10/17, 11/7, 11/21, 12/5