

HALO WELLNESS CENTER

elevate your health

Yoga Schedule as of 3/24/2014:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am Vinyasa Dawn	Halo Wellness Center Closed					10:00am Slow Flow Ashtanga Linda
		12 noon Mid-day Renewal Linda			12 noon Mid-day Renewal Linda	
		6:00pm Vinyasa Jackie	6:00pm Gentle/ Restorative Vinyasa Stacy	6:00pm Vinyasa Dawn/Taylor		

Please note: All classes are 75 minutes except noon which is 45 minutes.