



# WEEKLY SCHEDULE

**YOGA CLASSES FOR THE WEEK OF MAY 29-JUNE 4**

Theme for the week: Rise!

MDT	MONDAY 29	TUESDAY 30	WEDNESDAY 31	THURSDAY 1	FRIDAY 2	SATURDAY 3	SUNDAY 4
AM	No Classes Today! Memorial Day		<b>12:00-12:50pm</b> <u>Lunchtime Yoga</u> CSI Gym 304 May 22-August 2 \$65 Call Jodi to sign up 208-732-6855		<b>10-10:45am</b> <b>Restorative Yoga</b> Xrossways 1385 Parkview Drive Suite 103 Free to members or \$10 drop in		
PM		<b>6:00-7:00pm</b> <u>Balanced Body</u> Ascension Episcopal North Lawn May 8- August 16 \$8 drop in \$35 5 class pass \$60 10 class pass \$225 summer season pass-- good for all 3 outdoor days 15 weeks	<b>6:00-7:00pm</b> <u>Outdoor Yoga</u> Ascension Episcopal North Lawn May 8- August 16 \$8 drop in \$35 5 class pass \$60 10 class pass \$225 summer season pass-- good for all 3 outdoor days 15 weeks				