



FALL SCHEDULE

YOGA CLASSES FOR AUGUST 18-DECEMBER 11, 2025

Watch my website for special events in addition to these weekly classes!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM	9:00-9:50am CSI Student Yoga CSI Gym 304 August 18-Dec 3 This class is for students taking yoga for credit.	9:00-9:50am Lifetime Yoga CSI Gym 231-A Aug 19--Dec 11 \$65 T and Th for the whole semester Call Kim to sign up 208-732-6855 This class is for all ages and abilities. 10:00-10:50am Lifetime Yoga CSI Gym 231-A Aug 19--Dec 11 \$65 T and Th for the whole semester Call Kim to sign up 208-732-6855 This class is for all ages and abilities.	9:00-9:50am CSI Student Yoga CSI Gym 304 August 18-Dec 3 This class is for students taking yoga for credit.	9:00-9:50am Lifetime Yoga CSI Gym 231-A Aug 19--Dec 11 \$65 T and Th for the whole semester Call Kim to sign up 208-732-6855 This class is for all ages and abilities. 10:00-10:50am Lifetime Yoga CSI Gym 231-A Aug 19--Dec 11 \$65 T and Th for the whole semester Call Kim to sign up 208-732-6855 This class is for all ages and abilities.			
PM	5:30-6:20pm Lifetime Yoga CSI Gym 304 Aug 18--Dec 10 \$65 for Mondays and Wednesdays for the whole semester. Call Kim to sign up 208-732-6855 This class is for all ages and abilities. 6:30-7:20pm Inside Flow Basics CSI Gym 304 Aug 18--Dec 10 \$35 for Mondays for the whole semester. Call Kim to sign up 208-732-6855 This class is yoga on the beat of music for all ages and abilities. No dance or yoga experience needed.		5:30-6:20pm Lifetime Yoga CSI Gym 304 Aug 18--Dec 10 \$65 for Mondays and Wednesdays for the whole semester. Call Kim to sign up 208-732-6855 This class is for all ages and abilities.				