



class schedule

3182 Rt. 9 Cold Spring, New York 10516
 845-809-5900
www.livingyogastudios.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00 am-9:15 am Level 3 Liz Schulman	
9:30 am-10:45 am Level 2 Leslie Mott	9:00 am-10:00 am Level 2 Express Courtney Tarpley	9:30 am-10:45 am Level 3 Liz Schulman	9:00 am-10:00 am Level 1 Express Courtney Tarpley	9:30 am-10:45 am Level 2 Amanda Amadei	9:30 am-10:45 am Level 2 Richard Villella	9:00 am-10:15 am Level 1 Beth DeWit
12:00 pm-1:00 pm Gentle Beth DeWit	5:45-6:15pm Group Meditation Jenn Stebbins	12:00 pm-1:00 pm Level 2 Express Liz Schulman		12:00 pm-1:00 pm Gentle Beth DeWit		10:30 am-11:45 am Level 2 Amanda Amadei
6:30 pm-8:00 pm Level 3 Liz Schulman	6:30 pm-8:00 pm Level 1 Jenn Stebbins	6:30 pm-8:00 pm Level 2 Richard Villella	6:30 pm-8:00 pm Level 2 Leslie Mott			6:00 pm-7:15 pm Level 2 Krystal Ford
	8:15 pm-9:15 pm Level 2 Express Jenn Stebbins					