

Virtual And In-Person Class Schedule November, 2021

Sign up for my weekly newsletter to register for classes and to see Covid Requirements

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am				Virtual/and In-Person Hatha Yoga Ahimsa Yoga Studio 506 Spring Rd Elmhurst IL 60126 Fee-Base Class		
10:30am		In Person Chair Yoga Community Presbyterian Church 2000 W Roosevelt Rd Broadview IL 60155 FREE Class				
12:30pm		Virtual Chair Yoga Via Zoom FREE Class			In-Person Gentle Yoga Hillside Library 405 N Hillside Ave Hillside IL 60162 FREE Class	
1pm	Virtual and in-Person Chair Yoga Via Zoom Elmwood Pk Library 1 Conti Pkwy Elmwood Park IL 60707 Every 2 nd and 4 th Monday FREE Class					
1pm	Virtual and In-Person Gentle Yoga Via Zoom Elmwood Pk Library 1 Conti Pkwy Elmwood Park IL 60707 Every 3 rd Monday FREE Class					
2pm						
6pm				Virtual and In-Person All Levels Yoga Via Zoom Bellwood Library 600 Bohland Ave Bellwood IL 60104 FREE Class		

7pm	Virtual and/ In-Person Hatha Yoga The Yoga Centre 301 Lake St. Oak Park IL 60302 \$20 per class					
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