



# fulleryoga

## Pilates & Massage

1477 Park ST, Hartford CT 06106 Suite 11B

860-951-(YOGA)9642 | www.fulleryoga.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:15-9:15 Basic Pilates (J)	
9:30-11:00 Power Yoga TBA		9:30-11:00 Power Yoga (M)				
					10:30-12:00 Fuller Yoga (J)	10:00-11:15 Meditation \$5
		12:15-1:15 Power Yoga (M)		12:15-1:15 Restorative Yoga (J)		
					2:00-4:00 Yin Yoga** (K)	
	4:45-6:00 Hatha Yoga Staff \$5		4:45-6:00 Hatha Yoga Staff \$5			4:45-6:00 All Levels Yoga TBA
6:15-7:30 Fuller Hot Power Yoga (J)	6:15-7:15 Int. Mat Pilates (J)	6:15-7:30 Fuller Yoga Basics (J)	6:15-7:30 Semi-Private Pilates (J)	5:30-6:45 Hot Power Yoga (AW)		
6:15-7:30 Intro to Yoga Basics* (Sh) 6wk program 1/18-2/15, 3/1-4/5, 4/19-5/24		6:15-7:30 Hot Power Yoga (AW)				
7:45-8:45 Hip Hop* Jolet 6wk series 2/1-3/8, 3/22-4/26 Drop Ins Welcome						

(J)=Justine (SH)= Shoshanna (AW)=Aaron (M)=Migdalia (K)=Kevin TBA=To be announced.

\*Indicates a 6 week series, pre-registration is required and Drop Ins and class cards are accepted.

All 6 week series are \$60 when paid in full.

\*\*Yin Yoga occurs on the 2nd Saturday of each month \$20 pre-registration \$25 day of