

# OSYC SCHEDULE thru 2024



Please Book your Space Online; or get the SPACES APP for easy booking

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS	SATURDAYS	SUNDAYS
<p><u>11 am-12:15 pm</u> Basics &amp; Beyond Iyengar Yoga Lauren</p> <p><u>12:30-1:30 pm</u> Gentle Beginning Iyengar Yoga Lauren</p>	<p><u>9:00-10:15 am</u> Intermediate Iyengar Yoga Lauren</p> <p><u>10:30 am- 12:00 pm</u> Yoga Therapeutics Class <i>(by appointment only)</i> Lauren</p>	<p><u>10:00 - 11:15 am</u> Stretch &amp; Strengthening Claire</p>	<p><u>11 am-12:15 pm</u> Basics &amp; Beyond Iyengar Yoga Lauren</p>	<p><u>10:00 - 11:15 am</u> Stretch &amp; Strengthening Claire</p>	<p><u>9:00-10:30 am</u> Basics - Intermediate Iyengar Yoga Lauren</p>	<p><u>9:00-10:15 am</u> Meditation Hour (ZOOM ONLY) Ken</p>

**Please check our website:  
[www.openspacesyoga.com](http://www.openspacesyoga.com)  
 for updates on special classes or  
 class closures for the holidays**

## CLASS FEES

\$20 Single Class (Couples \$30)  
 \$10 Active Military, 1st Responders,  
 Full Time Students

## OSYC CLASS CARDS

\$120 - 10 Class Card (\$12)  
 \$75 - 5 Class Card (\$15 )  
 \$100 - Sr's. (60+) 10 Class Card (\$10)  
 \$60 - Sr's (60+) 5 Class Card (\$12)  
 \$125 -Month-to-Month Unlimited  
 Yoga Therapeutics Class  
 \$25 class; \$95/ 5 classes; \$175/10 classes

## PRIVATE YOGA SESSIONS (with Lauren)

\$110 Single Session  
 \$270 3 Sessions

## PRIVATE MEDITATION SESSIONS (with Ken)

\$50 Single Session  
 \$125 3 Sessions

(updated 241105)