

2025 OSYC SCHEDULE



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 & 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 & Strengthening Claire</p>	<p><u>11 am-12:15 pm</u> Basics & Beyond Iyengar Yoga Lauren</p>	<p><u>10:00 - 11:15 am</u> Stretch & 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
for special classes or events**

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 241227)