

VERONA YOGA

Day	Time	Class	Instructor
MONDAY			
	9:30-10:30am	Open Level Yoga	Rena Lawless
	6:15-7:15pm	Open Level Yoga	Bina Beed
TUESDAY			
	9:30-10:30am	Beginner Yoga	Julia Sheykman
	6:15-7:15pm	Beginner Yoga	Donna Fauerbach
	7:30-8:30pm	Open Level WARM Yoga	Jenn Miranda
WEDNESDAY			
	9:30-10:30am	Beginner Yoga	Jill Marcus
	6:00-7:15pm	Open Level Yoga	Janine Ruela
THURSDAY			
	9:30-10:45am	Open Level Yoga	Lisa Munjack
	4:00-5:00 pm	Beginner Level Yoga	Lisa Munjack
	6:15-7:15pm	Beginner Yoga	Kristin Broek
	7:30-8:30pm	Belly Dance	Janet Volpi
FRIDAY			
	9:30-10:45am	Open Level Yoga	Janine Ruela
	6:15-7:15pm	Beginner Level Class (Rotating class schedule)	Aly Guzman/Karla Kane/Julia Sheykman/Meredith Pressler
SATURDAY			
	9:00-10:15am	Open Level Yoga	Sue Banzon
	10:30-11:30am	Beginner Yoga	Sue Banzon
SUNDAY			
	9:30-10:30am	Open Level Yoga	Julia Sheykman
	11am-Noon	Absolute Beginner Yoga	Avie Bertaccini
	12:15-1pm	Little Warriors Yoga (For ages 5-10)	Aneesa Ali
	4:00-5:00pm	Restorative (Gentle) Yoga	Meredith Pressler

VERONA YOGA FALL CLASS SCHEDULE

546 Bloomfield Avenue

(973) 551-YOGA VeronaYoga@gmail.com VeronaYoga.com

Teachers and classes are subject to change. Friday night classes rotate between a Beginner Level class, Beginner Level class followed by a Sound Bath and a Restorative/Yin class. Check the schedule at VeronaYoga.com for that week's schedule.