

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			
	8:30-9:15am	Absolute Beginner Level Yoga	Donna Fauerbach
	9:30-10:30am	Beginner/Intermediate Yoga	Avie Bertaccini
	4:15-5:15pm	Open Level Yoga	Karen Mazie
	6:15-7:15pm	Beginner Yoga	Roz Nichols Marchetti
	7:30-8:30pm	Open Level Infrared 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
	4:00-5:00pm	Beginner Level Yoga	Lisa Munjack
	6:15-7:15pm	Beginner Yoga	Kristin Broek
	7:30-8:30pm	Belly Dance	Janet Volpi/Di Adams
FRIDAY			
	9:30-10:45am	Open Level Yoga	Janine Ruela
	6:15-7:15pm	Beginner Level Yoga Class (Rotating class schedule)	Mercedes Rolon/Meredith Pressler/Alison Bernasco
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	Russell Benjamin
	11am-Noon	Absolute Beginner Yoga	Avie Bertaccini
	4:00-5:00pm	Restorative (Gentle) Yoga	Camille Alonso

VERONA YOGA WINTER 2020 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 Beginner Level Yoga and Restorative. Check the schedule at VeronaYoga.com for that week's schedule.