

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

Please check our website:
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)