

Luminous Health & Yoga

Front Desk Hours:

Mon 12:00-3:00 Tues & Thurs 12:30-2:30

Front Desk Unstaffed Wed & Fri

Yoga Pricing:

Unlimited Yoga classes in person and online:

\$165 per 6 week session

One week of unlimited yoga: \$35

Drop In: \$20

Yoga Schedule:

	Live	Online via Zoom
Monday	10:30 - Level I/II - Betsy 4:00 - Intro - Betsy	5:30 - Level I - Linda Zoom Code: 563 543 371
Tuesday	5:00 - Level II/III - Betsy	12:00 - Gentle - Betsy Zoom Code: 228 684 601
Wednesday		4:30 - Level I - Linda Zoom Code: 342 162 665
Thursday	12:00 - Gentle - Betsy	9:00 - Level I/II - Betsy Zoom Code: 540 244 810
Friday	9:00 - Level I/II - Linda 10:30 - De-Stress - Linda	
Saturday		9:00 - Level I - Linda Zoom Code: 432 133 985

417 350 1220 luminoushealthyoga.com

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