



740 Legacy Place
 Dedham, MA 02026
 Tel. 781.407.YOGA
 www.stilstudio.com

Check online for schedule updates



2011 FALL SCHEDULE

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	7 – 8 PranaVayu Kevan	6 – 7 Sunrise Yoga Bianca	7 – 8 PranaVayu Kevan		7.30 – 8.30 PranaVayu Kevan	7.30 – 8.45 Sunday Flow Bianca
9.30 – 10.45 Core Flow Allison	9.30 – 11 PranaVayu 2/3 Kevan	9.30 – 10.45 Vinyasa Flow Lauren	9.30 – 11 PranaVayu 2/3 Kevan	9.30 – 10.45 Vinyasa Flow Lauren	9 – 10.30 PranaVayu 2/3 Kevan	9 – 10.30 Vinyasa Flow Lauren
12 – 1 Yoga - Pilates Bianca	12 – 1 PranaVayu Betty	12 – 1 Mid day Flow Allison	12 – 1 PranaVayu Betty	12 – 1 CORE Colleen	11 – 12 Beginner Series Sheryl 4-week workshop	
		3 – 4 pm Katy / 3-5 KIDS				
		4 – 5 pm Katy / 6-9 KIDS				
5.15 – 6.15 PranaVayu Betty	5.30 – 6.30 Vinyasa Flow Sheryl	5.15 – 6.15 Vinyasa Flow Katy	5.30 – 6.30 Basic Flow PranaVayu Betty/Bianca	5 – 6.15 YIN Yoga Bianca		4.00 – 5.15 Vinyasa Flow Sheryl
6.30 – 8 PranaVayu 2 Kevan	7 – 8 Vinyasa Flow Sheryl	6.30 – 8 PranaVayu 2/3 Kevan	7 – 8 Girl's Night Out Yoga 1 st Thursday Monthly Betty			

•*ALL CLASSES** ALL LEVELS unless noted otherwise
 •Level 1/2 - ALL LEVELS - Levels 2/3 - Intermediate/Advanced

Please refer to ONLINE schedule on mindbody for latest schedule changes
 Class Rates: Drop in \$17 * Ten Pack \$150 * Monthly Unlimited \$120