



740 Legacy Place, Dedham, MA 02026
 (Corner Space next to Legal C Bar)
 Tel. 781.407.YOGA

www.stilstudio.com
 Check online for schedule updates



C L A S S S C H E D U L E - F A L L / W I N T E R 2 0 1 0

monday	tuesday	wednesday	thursday	friday	saturday	sunday
	7 - 8 PranaVayu Kevan 1/2		7 - 8 PranaVayu Kevan 1/2		7.30 - 8.30 PranaVayu Kevan - 1/2	
9.30 - 11 Core Flow Allison	9.30 - 11 PranaVayu Kevan 2/3*	9 - 10.30 Vinyasa Flow Lauren	9.30 - 11 PranaVayu Kevan 2/3*	9 - 10.30 Vinyasa Flow Lauren	9 - 10.30 PranaVayu Kevan 2/3*	9 - 10.30 Vinyasa Flow Lauren
12-1 Mid day Flow Renu	12-1 Mid day Flow Betty	12-1 Mid day Flow Allison	12-1 Mid day Flow Betty	12-1 Mid day Flow Lauren	11 - 12 Beginner Series Sheryl	11 - 12 Vinyasa Flow Kyla
			3 - 4 pm 4 - 5 pm Katy / KIDS		4 - 5.15** Community Teacher Varies \$5	4 - 5.15 Basic Flow Sheryl
5.15 - 6.15 Pranavayu Inspired Betty	5.30 - 6.30 Basic Flow Sheryl	5.15 - 6.15 Basic Flow Katy	5.30 - 6.30 Vinyasa Flow Katy			
6.30 - 8 PranaVayu Kevan 2/3*	7 - 8 Int. Flow Sheryl*	6.30 - 8 PranaVayu Kevan 2/3**	7 - 8 ZUMBA!! Marcia	6 - 8 pm Advanced Monthly Jam Session-Lvl 3		

•*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