



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early							
9:00 am							
10:00 am	9:30 am 75 min B:2 <i>Bryn</i>	9:30 am 75 min B:2 <i>Basil</i>	9:30 am 75 min B:2 <i>Bryn</i>	9:30 am 75 min B:2 <i>Basil</i>	9:30 am 75 min B:2 <i>Basil</i>	9:30 am 75 min B:3 <i>Katy</i>	9:30 am 75 min B:2 <i>Bryn</i>
11:00 am	11:00 am 75 min B:3 <i>Basil</i>	11:00 am 75 min B:3 <i>Basil</i>	11:00 am 75 min B:3 <i>Bryn</i>	11:00 am 75 min B:3 <i>Basil</i>	11:00 am 75 min B:1/2 <i>Rotating TBA</i> Free Community Class	11:00 am 75 min B:2 <i>Katy</i>	11:00 am 75 min B:3 <i>Bre</i>
12:00 pm							
1:00 pm							
4:00 pm							
5:00 pm							
6:00 pm	6:00 pm 75 min All Levels <i>Bre</i>	6:00 pm 75 min All Levels <i>Katy</i>	6:00 pm 75 min All Levels <i>Basil</i>	6:00 pm 75 min All Levels <i>Katy</i>			6:00 pm 75 min All Levels <i>Kelly</i>
7:00 pm	7:30 pm 75 min B:1 <i>Katy</i>						
8:00 pm							

Customer Service Hours

Monday to Friday 9:00am - 3:00pm

Saturday & Sunday - 9:00am - 1:00pm

Evenings Monday to Thursday- 5:30pm - 7:30pm

Single Drop-In: \$22 | 7-day expiration
 10-Class Card: \$189 | 3-month expiration
 1-Month Unlimited Yoga: \$179 | 30-day expiration
 Unlimited Yoga w/ Auto-Renew: \$149 | inquire at Studio

Be sure to review our online schedule for teacher and class changes, cancellations due to inclement weather, as well as additional class series, and workshop offerings.

Class Descriptions

B:1 | Build Your Foundation

Newer to yoga? Need a refresher? Just simply looking for a feel-good experience that safely and effectively works within the principles and philosophies of heart centered yoga? Then this one is for you.

B:2 | Begin to Flow

Had some experience in yoga? Looking for a yoga challenge but not a yoga workout? This class incorporates active breathing techniques and detailed guidance and alignment to support smooth and steady transitions between the poses. Basics of yoga asanas, philosophies and inner alignment of breath, posture, and movement supported. A perfect choice... go into the flow.

B:3 | Beyond and Deeper

Looking to find a rhythmically flowing class from beginning to end that takes you to your edge? Excited to work with deeper asanas while integrating ancient yogic philosophies, refined pranayama, and go beyond limited holding patterns in your yoga practice? You're home. Let us help you get to the next level of your practice.

All Levels

A combination of levels B:1, B:2, and B:3 for all practitioners.

Also Available :: 200 Hour Yoga Alliance Teacher Training

Please send inquiries to *info411@basilyoga.com*

**all classes are 75 minutes long unless otherwise noted*