

East Islip Winter 2020 (1.24.20)

140 West Main Street, East Islip NY
516.755.5855

YOGA PILATES BARRE MEDITATION

Check us out online at: www.medwellspa.com for all class updates and information; all classes are 55 minutes unless otherwise noted, no passes= members only, pls "Like" us on Facebook, "Medwell Spa and Yoga Studio" Review us on Yelp and receive a gift! We appreciate your feedback. * instructor assignments are subject to change at any time. Text "MEDWELLVIP" to 51660 for text updates. RSVP for your first, free class pass.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00-9:00am Vinyasa All Levels (Colleen)	
9:30-10:30am Gentle Kripalu Yoga All Levels (Kathy)	9:30-10:30am Gentle Yoga All Levels (Teeny)	9:30-10:30am Hatha Yoga All Levels (Christi)	9:30-10:30am Gentle Yoga All Levels (Donavin)	9:30-10:30am Vinyasa Flow All Levels Yoga (EKat)	9:00 -10:00am Gentle Yoga (Colleen)	9:00-10:00am Beginners Vinyasa (Laura)
10:30-11:30am Vinyasa All Levels (Kathy)	10:30-11:30am Vinyasa All Levels (Teeny)		10:30-11:30am Vinyasa All Levels (Donavin)	10:30-11:30am Gentle Flow Yoga (EKat)	10:00- 11:00am Restorative Yoga (Colleen)	10:00-11:00am Vinyasa Flow Open Level (Laura)
4:30-5:30pm Vinyasa Flow All Levels (Clarice)	4:30-5:30pm Beginners Soul Flow Yoga (Amy)	4:30- 5:30pm Gentle Kripalu Yoga (Kathy)	4:30-5:30pm Beginners Yoga (Colleen)			
6:00-7:00pm Vinyasa All Levels (Amy)	5:30 -6:30pm Mat Pilates (EKat)	6:00- 7:00pm Warm Vinyasa All Levels (Adria)	5:30 -6:30pm Vinyasa- Journey through the Chakras All Levels (Colleen)			
7:00-8:00pm Yin Yang Yoga Level I (Amy)	6:30-7:30pm Barre Fusion (EKat)	7:00- 8:00pm Gentle Yoga All Levels (Adria)				Spring 2020 Yoga Teacher Training Registering Now Enquire 516.755.5855