

Bellmore Winter 2020 (2.07.20)

2578 Merrick Road, Bellmore NY 11710
516.755.5855

YOGA - PILATES - BARRE – MEDITATION- ZUMBA

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.

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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00am Simply Barre (EKat)	
9:15am Vinyasa All Levels (no passes) (Marilyn)	9:30am Tai Chi +Qi Gong (Marilyn)	9:15am Vinyasa Yoga All Levels (Tracy)	9:15am Barre Fusion (Kathy)	9:15am Vinyasa All Levels (Donavin)	9:00am Zumba (Irene)	9:00am Vinyasa All Levels (Amal)
10:30am Gentle Yoga (Marilyn)	10:30 am Gentle Yoga (Marilyn)	10:30am Morning Restorative Yin (Tracy)	10:30am Classical Yoga & Breathwork All Levels (Marilyn)	10:30am Beginners Yoga (Donavin)	10:15am Gentle Yoga All Levels (no passes) (EKat)	10:15am Zumba (teens welcome) (Angela)
					11:30am Flow and Restore Yoga All Levels (EKat)	11:30am Gentle Yoga No passes (Tracy Evolving)
530pm Yin and Restore All Levels (Kara)	530pm Hatha Yoga (Katie)	530pm Vin/Yin Yoga (Vinyasa-Yin) (Kara)	530pm Barre-lates (Barre + Pilates) (Tiffany)	530pm Restorative Yoga (Donavin)	Studio Available for private functions	
7:00pm Barre (Tiffany R)	7:00pm DDP Yoga Teens Welcome (Jesse) Kim subs March- June	7:00pm Vinyasa Yoga Open Level (Kara)	7:00pm Vinyasa All Levels (Clarice)	7:00pm Barre Toning (Irene)	Spring 2020 200 Hour YTT Registering Now	
8:00pm Vinyasa All Levels (Kara)	8:00 pm Gentle Yoga All Levels (Austin)	8:00pm Zumba (teens welcome) (Hayat)	8:00 pm Zumba (teens welcome) (Angela)	8:00pm Party Power Hour Vinyasa All Levels (Tara/Jesse) Starts 1.31.20		