



SoulBody Yoga, LLC
"Work your Body, Power your Soul"
6591 Collins Dr., Suite E-9
Moorpark, CA 93021
(805)517-1330 or (805)231-6356
Fax: (805)517-1320
www.SoulBodyYoga.com

MONDAY

08:30 AM – 09:45 AM	Yoga Therapy	MARIA	WEEKLY
10:00 AM – 11:15 AM	Hatha Basics Mixed Level	STEVE	WEEKLY
11:30 AM – 01:00 PM	Naam Yoga and Fitness	CHRISTINA/SHANA	WEEKLY
05:00 PM – 06:00 PM	Pre-Natal Yoga	MINA	WEEKLY See note at bottom
06:00 PM – 07:00 PM	Meditation	JEFF	WEEKLY
07:15 PM – 08:30 PM	Strength and Deep Stretch	MINA or STEVE	WEEKLY

TUESDAY

06:00 AM – 07:15 AM	Hatha Flow	MINA	WEEKLY
09:00 AM – 10:15 AM	Hatha Basics Mixed Level	MINA	WEEKLY
04:00 PM – 05:00 PM	Kids Yoga	KELLY	1 st & 3 rd week each month
05:30 PM – 06:30 PM	Pre-Natal Yoga	MINA	WEEKLY See note at bottom
06:30 PM – 07:30 PM	Pilate/Yoga Fusion	MARIA	WEEKLY
07:45 PM – 09:00 PM	Easy Hatha Flow	MINA or STEVE	WEEKLY

WEDNESDAY

08:30 AM – 09:45 AM	Hatha Basics Mixed Level	NANCY	WEEKLY
11:30 AM – 01:00 PM	Self-Empowerment Group	VARIOUS	4 th week each month
05:00 PM – 06:00 PM	Pre-Natal Yoga	MINA	WEEKLY See note at bottom
06:00 PM – 07:15 PM	Zumba	MARY	WEEKLY

THURSDAY

06:00 AM – 07:15 AM	Hatha Flow	MINA	WEEKLY
08:30 AM – 09:45 AM	Hatha Basics Mixed Level	NANCY	WEEKLY
11:30 AM – 01:00 PM	Naam Yoga	TINA	WEEKLY
05:30 PM – 06:30 PM	Pre-Natal Yoga	MINA	WEEKLY See note at bottom
06:30 PM – 07:30 PM	Pilates and more	MINA	WEEKLY
07:45 PM – 09:00 PM	Hatha Basics Mixed Level	MINA or STEVE	WEEKLY

FRIDAY

08:30 AM – 09:45 AM	Yoga Core	MINA	WEEKLY
10:00 AM – 11:15 AM	Relax & Renew	MINA	WEEKLY
04:00 PM – 05:15 PM	Pre-Natal Yoga	MINA	WEEKLY
06:30 PM – 07:30 PM	Meditation	JEFF	WEEKLY

SATURDAY

08:00 AM – 09:15 AM	Hatha Flow	LESA	WEEKLY
09:30 AM – 10:45 AM	Hatha Basics Mixed Level	MINA	WEEKLY
11:00 AM – 12:30 PM	Kundalini Yoga	SAHEJ	1 st & 3 rd week each month
03:00 PM – 04:00 PM	Kids Yoga	KELLY	1 st week each month

SUNDAY

08:00 AM – 09:15 AM	Hatha Flow	MINA/NANCY	WEEKLY
09:30 AM – 10:45 AM	Hatha Basics Mixed Level	MINA/NANCY	WEEKLY

NOTE: Pre-natal/Yoga class times could be arranged according to participants' & studio's time availabilities. Call Mina for more information: (805)517-1330 or (805)231-6356