



**2012 WINTER SCHEDULE for drop-in
classes: January 1-March 31**

Single Class--\$13
5 Class Pass--\$60
10 Class Pass--\$115
20 Class Pass--\$210

Unlimited Passes:
3 Month--\$120/month
6 Month--\$110/month
1 Year-- \$100/month

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT/SUN
7:30-8:30 am NIA-Roxanne	7:25-8:25 am YOGA- Honest Flow*		7:25-8:25 YOGA- Honest Flow*	7-8 am YOGA- Rise and Shine Vinyasa Flow/ Katie	Saturday: 8:30-9:30 NIA- Rebecca/ Sabrina
8:45-10 YOGA- Vigorous Vinyasa*/ Jen	8:30-9:30 NIA/ Rebecca	8:30-9:30 NIA/ Brenda	8:30-9:30 NIA- Rebecca	8:30-9:30 NIA- Brenda	10-11 Belly Blast (belly dance fitness) Anne Marie
12-1 YOGA-\$6 Honest Flow*	10-11 YOGA- Honest Flow*	12-1 YOGA- \$6 Honest Flow*	10-11 YOGA- Honest Flow*	10-11 YOGA- Honest Flow*	12:30-1:30 Honest Flow for Party People
5:30-6:40 YOGA-Mindful Yoga/Zpora	12-1 YOGA-Honest Core 2*/ Danielle	5:45-7 YOGA- Vinyasa Flow*/ Katie	12-1 YOGA- Vigorous Vinyasa*/Jen	12-1 YOGA- \$6 Honest Flow*	Sunday: 9:15-10:25 Honest Flow*
7-8 NIA-Brenda	6-7:30 Beginner West African Dance with live drumming / Bennicent		6-7 NIA- Sabrina	5:15-6:15 YOGA- Community Kripalu/ Joseph (\$6)	10:30-12 Beginner West African Dance with live drumming/ Bennicent
					4-5 NIA- Sabrina
					5:15-6:30 YOGA- Yoga Fundamentals/ James

*indicates heated yoga class (to around 80-85 degrees) Please see other side for series class information.
Our beautiful studio is available to rent for classes, rehearsal space or your special event! Please call for details.
South End Studio 696 Pine Street (behind New World Tortilla) Burlington 802.540.0044
southendstudiovvt.com