

Monday

6:00 - 7:30am	Vinyasa Fusion	All levels	Stacey
9:30 - 11am	Vinyasa Flow	All levels	Scoop
3:00 - 4:15pm	Forrest Teen Yoga	All levels	Stacey
6:30 - 7:30pm	Vinyasa Flow	All levels	Scoop

Tuesday

7:30 - 9:00am	Ashtanga Mysore	All levels	Susan
9:30 - 11am	Forrest Yoga	All levels	Stacey
3:00 - 4:15pm	Forrest Yoga	All levels	Stacey
6:30 - 7:15pm	Vinyasa Flow	All levels	Scoop at BCS*

Wednesday

6:00 - 7:30am	Vinyasa Fusion	All levels	Stacey
9:30 - 10:30am	Vinyasa Flow	Beginners	Scoop (ends 3/5)
9:30 - 10:30am	Pilates	All levels	Sue (begins 3/12)
4:00 - 5:15pm	Vinyasa Flow	All levels	Scoop
6:30 - 7:30pm	Vinyasa Flow	All levels	Scoop

Thursday

7:30 - 9:00am	Ashtanga	Beginners	Susan
9:30 - 11:00am	Forrest Yoga	All levels	Stacey
11:15 - 12:15pm	Qi Gong	All levels	Leslie
3:00 - 4:15pm	Forrest Yoga	All levels	Stacey
5:30 - 7:00pm	Forrest Yoga	All levels	Stacey at HHS*

Friday

7:30 - 8:30am	Forrest Yoga	All levels	Stacey at FEM*
9:15 - 10:15am	Hatha/Anusara	All levels	Darcie
4:30 - 5:45am	Bolliyoga	All levels	Caryn

Sunday

10:00 - 11:15am	Vinyasa Flow	All levels	Scoop
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* BCS - Benz Center, Sandwich NH
* HHS - Holland Hill Studios, Moultonborough NH
* FEM - Fitness Edge, Meredith NH

MONTHLY

4 Classes*	\$44
6 Classes*	\$66
8 Classes*	\$80
1 Month Auto Renew	\$99
Unlimited Monthly Pass	\$125

STUDENT**

4 Classes*	\$28
6 Classes*	\$50

OTHER RATES

Drop-in's (always welcome)	\$15
Mat Rentals	\$1
Bottled Water	\$1

PRIVATE SESSIONS

For private sessions and workshops please call for more information.

**Beginners & Drop-ins
Always Welcome**

Visit us online
www.easynh.com

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