

Namaste Yoga of Kensington :: Class Schedule

Phone: (347) 533-6226 or 6227 Email: info@mynamasteyoga.com Website: www.mynamasteyoga.com

Address: 482 Coney Island Ave. 2nd Floor, Brooklyn, NY 11218

DOORS OPEN 15 minutes prior to classSchedule Subject To Change Without Notice****

MONDAYS

9:15am – 10:30am: Gentle Flow Basic Yoga / Instructor-Jessica

8:00pm – 9:15pm: Open Level with Restorative / Instructor: Sarah

NO CLASS CARDS, NO EXCEPTIONS

TUESDAYS

9:15am – 10:30am: Gentle Flow Basic Yoga / Instructor-Amanda

10:45am – 11:30am: Parent and Baby Yoga / Instructor - Nicole

7:15pm – 8:30pm: Restorative Basic Yoga / Instructor – Jessica

WEDNESDAYS

9:15am – 10:30am: Gentle Flow Basic Yoga / Open Level / Instructor- Megan

7:15pm – 8:30pm: Vinyasa Open Level / Instructor – Alicia

THURSDAY

9:15am – 10:30am: Gentle Flow Basic Yoga / Instructor- Jessica

7:00pm – 8:30pm: Belly Dance / Instructor - Olga

FRIDAYS

NO Classes:

SATURDAYS

10:00am – 11:30pm: Basic Yoga Beginners / Instructor-Dolores

11:45am – 12:45am: Zumba / Instructor- Danella

1:00pm – 2:00pm: Free Nia Demonstration Class / June 26th / Taught by White belt Instructor, KJ Grow
Limited space available! Call to register! (347) 533-6226

SUNDAYS

10:00am – 11:30pm: Basic Yoga / Open to all levels / Instructor-Michelle

11:45am – 12:45pm: Mat Pilates / Instructor- Michelle

1:15pm – 2:30pm: Belly Dance / Instructor-Lasha

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***All series, unlimited and annual passes are non-transferable, non-exchangeable and non-refundable.**

Any classes not in duration assigned are forfeited.

****We only accept cash and check****

Specials:

50 class series: \$500 (\$10 a class)

<u>Class Rates:</u>	
Drop In/Single Yoga Class	\$17
Drop In/Single Zumba Class	\$15
Drop In /Single Belly Dance Class	\$20
Drop In/Single Mat Pilates Class	\$20
Drop In/Single Pre-Natal Yoga Class	\$25
Baby / Toddler and Me	\$20 (each additional child \$10)
5-class series	\$75 (\$15 per class / expires in 45 days)
10-class series	\$140 (\$14 per class / expires in 60 days)
20-class series	\$250 (\$12.50 per class / expires in 90 days)
50-class series	\$500 (\$10 per class / Does Not Expire)
Monthly Unlimited	\$150
3 Month Unlimited	\$385
6 Month Unlimited	\$685
Annual Unlimited	\$1200
Private Session	\$115 (1hr 15min)

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