

# YOGA LOKA

34 Bridge Street, 2nd floor Frenchtown, NJ  
 908-268-7430 [www.Yoga-Loka.com](http://www.Yoga-Loka.com)

As of 1/1/16

MONDAY	<b>9:00 AM - 2:00 PM</b> Private sessions by appointment  <b>10:15 AM - 11:45 AM</b> Gentle Yoga - Aniko	<b>4:15 PM - 5:30 PM</b> Moderate Flow - Maia  <b>7:00 PM - 8:15 PM</b> Introduction to Yoga - Deb (Pre-registration required - begins 1/11 )
TUESDAY	<b>10:15 AM - 11:45 AM</b> Basic Flow –Maia  <b>11:45 AM - 12:45 PM</b> Pilates- Dave	<b>11:30 AM - 2:00 PM</b> Private sessions by appointment  <b>6:30 PM - 7:45 PM</b> Basic Flow - Carolyn
WEDNESDAY	<b>9:15 AM - 10:45 AM</b> Spicy/moderate Flow – Bonnie  <b>11:00 AM - 11:45 AM</b> TRE Group sessions (check website for dates)	<b>12:00 PM - 2:00 PM</b> Private sessions by appointment - Bonnie  <b>6:30 PM - 7:45 PM</b> Gentle Yoga - Aniko
THURSDAY	<b>11:45 AM - 12:45 PM</b> Pilates- Dave	<b>6:30 PM - 7:45 PM</b> Restorative Yoga - Deb
FRIDAY	<b>9:15 AM - 10:45 AM</b> Moderate Flow– Bonnie  <b>11:00 AM - 3:00 PM</b> Private sessions by appointment	<b>6:30 PM - 8:00 PM</b> Workshops and special events check website for details
SATURDAY	<b>8:45 AM - 10:15 AM</b> Basic Flow – Lori  <b>Teacher Training and Special Programs</b> (see website for details)	<b>10:30 AM - 11:30 AM</b> Meditation - Lori (Pre-registration required- begins 1/23 )
SUNDAY	<b>8:30 AM - 9:45 AM</b> Structural Yoga Therapy - Bonnie	<b>10:00 AM - 11:30 AM</b> Spicy Flow - Bonnie  <b>11:45 AM - 12:45 PM</b> Back Care Basics- Bonnie (Pre-registration required- begins 1/24 )

**Class Fees** We accept cash, Visa, Mastercard and checks

Drop in class -	\$17
4 classes -	\$62 (expires in 30 days)
10 classes -	\$140 (expires in 60 days)
20 classes -	\$250 (expires in 90 days)
30 day pass -	\$120 or \$99 auto renew (starts on day of first class)
3 month membership-	\$290 (see website for details and benefits)
6 month membership-	\$550 (see website for details and benefits)
1 year membership-	\$1008 (see website for details and benefits)
New Student Package-	\$30 for 3 classes plus 20% off boutique items (first time students only)
	<b>See website for more new student packages</b>
Private Sessions -	\$85 for one hour

Student and Senior discounts available, please see web site for details.

**Class Blocks are non-transferrable and non-refundable**

We try to keep the schedule consistent. However, changes are sometimes made.

**Please check website for the most up to date schedule.**