

Yoga Central Weekly Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Multi-Level 8:45-10:00 am Becky	Multi-Level 8:45-10:00 am Becky		Slow & Warm Yoga (80°) 9:00-10:15 am Katie Brunner <i>(in-person only)</i>	Multi-Level 9:30-11:45 am Donna M <i>(online only)</i>	Multi-Level 8:45-10:00 am Becky	Gentle/Beginner 9:00-10:15 am Antonette (Toni)
Prenatal 10:30-11:45 am Becky	Chair Yoga 11 am-12 pm Kathy (6-wk session)	Baby & Me Yoga Storytime 10:15-11:30 am Katherine & Toni <i>(in-person only)</i> Back this fall!	T'ai Chi Chih 11 am-12 pm Janet (6-wk series)	Chair Yoga 11 am-12 pm Kathy (6-wk sessions)	Focus on Balance 10:30-11:30 am Ana	
				Multi-Level 4:45-6:00 pm Toni/Natalie		
	Gentle/Beginner 6:15-7:30 pm Antonette (Toni)	Core/Multi-Level 6:15-7:30 pm Becky	Multi-Level 6:15-7:30 pm Katie	Chill-Out Restorative 6:15-7:30 pm Katie <i>(in-person only)</i>		

WORKSHOPS & SPECIAL CLASSES

Plus, private & small group session, & other special events throughout the year. We can arrange to come to your location, too! Find the latest schedules on our website including weather-related & other closings.

Contact us:

For the quickest response, email:
Yogacentralnj202@gmail.com
 908-707-0759 (leave a message)
www.yogacentralnj.com
 953 US Hwy 202 N,
 Branchburg, NJ 08876

ALL CLASSES offered IN-PERSON & ONLINE unless otherwise noted.
 YFCC – Yoga for Cancer Care (check our website for complete schedule)