



Yoga Lola Studios – Class Schedule And Fees

Class Schedule (All levels & Genders)	*Saturday Classes	Notes
Tuesday Evening Class 1: All Levels Class 6:15-7:30 PM	1 st Saturday of the Month: 8:30-9:45 AM: Kundalini (Kevin) 10:00-11:15 AM Kundalini	Registration for all classes is required by all students. To register a class, go to http://www.yogalola.com/classes.htm and click on the "Book" button to register. If you don't have access to a computer, call Lola at 281-684-3168 and she'll help you. <u>If you book a class that you do not show up for, it is still considered a class you have used and will be deducted from your class pass or Groupon membership. To avoid this, be sure to cancel 12 hours ahead of the class time.</u> Saturday classes rotate topics as shown on an ongoing-basis Saturday 5 only happens in certain calendar months
Tuesday Evening Class 2: All Levels Class 7:45-9:00 PM	2 nd Saturday of the Month: 8:30-9:45 AM: Flexibility Yoga (Lola) 10:00-11:15 AM Flexibility	
Thursday Evening Class 1: All Levels Class 6:15-7:30 PM	3 rd Saturday of the Month: 8:30-9:45 AM: Flow Yoga (Lola) 10:00-11:15 AM Flow	
Tuesday Evening Class 2: All Levels Class 7:45-9:00 PM	4 th Saturday of the Month: 8:30-9:45 AM: Flexibility Yoga (Lola) 10:00-11:15 AM Flexibility	
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CLASS DESCRIPTIONS

Kundalini Yoga and Saturday classes are All Levels Yoga Classes: Suitable for everyone. All levels can benefit from this yoga; the class is designed to allow you set the depth of your practice yourself. For beginner or intermediate students, pose modifications are shown to allow you to design your practice level. (For students looking for a bigger challenge, the full posture is taught and so you set the challenge level of the asana yourself!) Practice asanas, breathing exercise, meditation, and music.

FEES STRUCTURE

- ❖ Class Passes: Four class passes are \$40 and must be used within 60 days.
- ❖ Monthly Membership: The month starts on the 1st day of the month and ends on the last day of the month.
 - Regular Monthly: Up to three classes a week per month: \$80 a month for regular students or
 - Regular Monthly: Up to three classes a week per month: \$65 for students or seniors
 - Veterans Only: Regular Monthly Up to three classes a week per month: for \$45.00
 - Unlimited Monthly: As many classes as you want per month: \$120 per month for regular students
 - Unlimited Monthly: As many as you want per month: \$95.00 for students or seniors
- ❖ Drop-in classes are \$15.00 a class for all students other than Veterans. Vets are \$5.00 class.