

Namaste Yoga of Kensington :: Class Schedule

Phone: (347) 533-6226 or 6227 **Email:** HYPERLINK "mailto:info@mynamasteyoga.com"

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 - Morning Flow Open Yoga / Instructor - Brylee

6:45pm -7:45pm - Zumba Dance Party / Instructor - Joelle (Begins September 13th)

8:00pm – 9:15pm - Open Level with Restorative / Instructor - Michelle H.

TUESDAYS

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

7:15pm – 8:30pm - Restorative Open Yoga / Instructor – Brylee

WEDNESDAYS

7:15pm – 8:30pm - Vinyasa Open All Levels / Instructor – Alicia

THURSDAY

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

FRIDAYS

9:30am - 10:45am - Basic Yoga / Instructor - Amanda (Begins September 3rd)

SATURDAYS

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

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

1:00pm - 2:00pm - Cardio Kickboxing / Instructor - Kaseedee (Begins Sept. 11th)

SUNDAYS

10:00am – 11:30pm - Basic Yoga / Open To All Levels / Instructor - Sarah

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 accept cash/check/credit cards****

Specials:

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

Class Rates:	
Drop In/Single Yoga Class	\$17
Drop In/Single Zumba/Kickboxing Class	\$15
Drop In/Single Belly Dance Class	\$15
Drop In/Single Mat Pilates Class	\$15
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 15 mins)