

SUMMER CLASS SCHEDULE 2010

Reservations can be made online at kamadevayoga.com

24 hour cancellation policy on all reservations made

Classes subject to change; please check website or call KamaDeva Yoga at 631.604.1382

KamaDeva Yoga

66 Newtown Lane, 2nd Fl, Suite 7

East Hampton, NY 11937

(Entrance in the rear)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:00am Kate Rabinowitz/Roey Ficaro Beginner Level 1	8:00-9:00am Marissa McNaughton KamaDeva WakeUp Level 1-2	8:00-9:00am LeighAnne Eberle KamaDeva WakeUp Level 2	8:00 - 9:00am Kate (Lalita) Rabinowitz KamaDeva WakeUp Level 1-2	8:00 - 9:00am Megan Chaskey KamaDeva WakeUp Level 1-2	8:30-9:45am Jessica Bellofatto KamaDeva Open level 2-3	8:30-9:45am Melissa Fedi Ashtanga Variations Level 2
9:30 – 10:45am Jenna Minardi KamaDeva Open Level 2	9:30-10:45am Jennifer Frasher KamaDeva Open Level 2	9:30 – 10:45am Erika Halweil Ashtanga Variations Level 2-3	9:30 – 10:45am Marissa McNaughton Yoga Athletica Level 2-3	9:30 – 10:45am Jessica Bellofatto KamaDeva Open Level 2-3	10:15 – 11:30am Lois Nesbitt Anusara Open Level 2	10:00 – 11:15am April Martucci KamaDeva Vinyasa Level 2-3
	11:00 – 12:00pm Mitten Wainwright YOGA for Over 50 Level 1-2	11:30-12:00pm Hayley Schmitz Hardcore ABS!!	11:15-12:00pm Claudia BABY AND TOT FRIENDLY VINYASA	11:00 – 12:00pm Megan Chaskey Pre-Natal Yoga all levels		
12:30 – 1:30pm Jessica Bellofatto KamaDeva Lunchtime Level 2-3	12:15 – 1:15pm Claudia Matles Pilates Mat Class	12:15 – 1:15pm Jenna Minardi/Kari as of 6/30 1 Hour Lunchtime Beginner/Level 1	12:15 – 1:15pm Claudia Matles Pilates Mat Class	12:30 – 1:30pm Jessica Bellofatto 1 Hour Lunchtime Beginner/Level 1		11:30-12:45pm Jenna Minardi KamaDeva Restorative Level 1
			1:30-2:30pm Megan Chaskey NAAM LEVEL 1-2			1:00-2:15pm April Martucci VINYASA 2-3
			4:00-5:00pm Mitten Wainwright BEGINNER/LEVEL 1	5:30-6:15pm Hayley Schmitz Hardocre ABS!	4:00-5:15pm Megan Chaskey KamaDeva Gentle/Restorative Level 1-2	4:00-5:15pm Leigh Anne Eberle KamaDeva Open Level 2
6:00-7:15pm Roey Ficaro Beginner Yoga and Meditation Level 1	5:30 – 7:00pm Megan Chaskey NAAM YOGA Level 1-2	6:00-7:15pm Lois Nesbitt KamaDeva Open Level 2	6:00 – 7:15pm Jimmy Minardi Surfer Yoga Level 2-3	6:30-7:30pm Megan Chaskey CHANT/MEDITATION		