

Yoga with Nicole (YwN)

Full Schedule of Classes

(as of January 2012)

Day	Time	Type of Class	Location of Class	Address
Monday	8:45a – 10:00a	Hatha Yoga	Sonoma Yoga Martial Arts/SYMA	10101 Main Street, Penngrove
Monday	11:00a – 12:00p	Kundalini Yoga	Club One	1201 Redwood Drive, Petaluma
Monday	4:30p – 5:30p	Community Class - Kundalini	Alice's ClubHouse	100 Marilyn Circle, Petaluma
Tuesday	2:00p – 3:00p	Hatha Yoga	Club One	1201 Redwood Drive, Penngrove
Tuesday	4:30p – 5:30p	Yoga for Kids	Club One / Playcare	1201 Redwood Drive, Penngrove
Wednesday	8:45a – 10:00a	Hatha Yoga	Sonoma Yoga Martial Arts/SYMA	10101 Main Street, Penngrove
Wednesday	5:30p – 6:45p	Community – Mixed	Rebecca's Dance Hall	215 Water Street, Petaluma
Thursday	10:00a – 11:00a	Yoga Fitness/Hatha	Club One	1201 Redwood Drive, Petaluma
Thursday	2:00p – 3:00p	Hatha Yoga	Club One	1201 Redwood Drive, Petaluma
Friday	5:30p – 6:45p	Kundalini Yoga	BodyWorks Yoga and Stress Management	490 Second Street, Petaluma
Sunday	9:00a – 10:30a	Primary Series/Ashtanga Vinyasa	BodyWorks Yoga and Stress Management	490 Second Street, Petaluma
Sunday	11:30a – 12:45p	Kundalini – Mantra & Meditation	Sonoma Yoga Martial Arts/SYMA	10101 Main Street, Penngrove