



Twisted Root Yoga Studio

Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:30 a.m.- 12:15 p.m. All levels with Ann Decker	11:30 a.m.- 12:15 p.m. All levels with Ann Decker	8:30-9:30 a.m. All levels yoga with Terri Dolter	4-5 p.m. All levels yoga with Jan Bleymeyer	6-6:45 a.m. Sunrise yoga with Toni Kettner	8:30-9:30 a.m. All levels yoga with rotating teacher	
5:30-7 p.m. All levels with Coleen Frenzel	5:30-6:30 p.m. Prenatal yoga with Ann Fautsch <i>* Registration required</i> annfautsch@ gmail.com or 563-580-4328	11:30 a.m.- 12:15 p.m. All levels with Ann Decker		7:30-8:30 a.m. All levels yoga with Lindsey Morris <i>* Begins Oct. 5</i>		
		5:30-7 p.m. All levels with Coleen Frenzel				

All classes, except those that require registration, are \$12. Drop-ins welcome.
Class fees are paid directly to the instructor

Private lessons, individual and group are available. Contact Terri or Coleen.
Contact information: www.twistedrootyoga.net or on Facebook

Coleen
563-599-8730

Terri
563-451-5243

