

# Spring 2019 Schedule

707 Building, Suite #130 (next to Cobeen)

**Monday: 5:30pm-6:15pm** Slow Flow Vinyasa with Tamara

**Monday: 6:30pm-7:30pm** Yin Deep Stretch with Tamara

**Tuesday: 5:00pm-6:00pm** Yoga with Ryan

**Tuesday: 7:00pm-8:00pm** Yoga with Ellen

**Wednesday: 5:00pm-6:00pm** Yoga Plus with Larry

**Thursday: 5:00pm-6:00pm** Yoga with Rachel



<http://www.marquette.edu/wellness/students>

*Offered for your health by:*

