

Happy Buddha Yoga

2 NORTH CHURCH ST. GOSHEN, NY

845.239.8879

Monday

9:00am - 10:15am	The Universal Buddha	Liza
12:00pm - 1:15pm	Gentle Yoga	Ellen
3:30pm - 4:45pm	The Universal Buddha	Laurie
5:30pm - 6:30pm	Buddha Rocks	Kelly
6:45pm - 8:00pm	The Basic Buddha	Brian

Tuesday

9:00am - 10:15am	The Universal Buddha	Jenese
5:30pm - 6:15pm	The Busy Buddha	David
6:45pm - 8:00pm	The Universal Buddha	Christina

Wednesday

9:00am - 10:15am	The Universal Buddha	Kelly
10:30am - 11:30am	The Bodacious Buddha	Meredith
12:15pm - 1:00pm	The Busy Buddha	Jenese
5:30pm - 6:30pm	The Universal Buddha	Casey
6:45pm - 8:45pm	Buddha Delight	Kelly

Thursday

9:00am - 10:15am	The Universal Buddha	Kelly
10:30am - 11:30am	The Universal Buddha	Kelly
5:30pm - 6:30pm	The Universal Buddha	David
6:45pm - 8:00pm	The Universal/Basic Buddha	Kelly
8:15pm - 9:15pm	The Universal Buddha	Meredith

Friday

9:00am - 10:15am	The Universal Buddha	Kelly
10:30am - 11:45am	Yin Yoga	Kelly
12:15pm - 1:00pm	The Busy Buddha	Jenese
4:30pm - 5:45pm	The Universal Buddha	Beth

Saturday

9:00am - 10:15am	The Bodacious Buddha	Kelly
10:30am - 11:45am	The Universal Buddha/Basic Buddha	Christina

Sunday

9:00am - 10:00am	The Karmic Buddha **Donation Only Class	David
10:30am - 12:00pm	The Universal Buddha	Kelly

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