

YOGA BY FRAN GALLO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>7-8AM Gentle Hatha 8:30-9:30AM All Levels Hatha Facebook Livestream</p>	<p>7-8AM Gentle Hatha 8:30-9:30AM All Levels Hatha Facebook Livestream</p>	<p>7-8AM Gentle Hatha 8:30-9:30AM All Levels Hatha Facebook Livestream</p>	<p>7-8AM Gentle YIN Facebook Livestream 8:30-9:30AM All Levels YIN Facebook Livestream + IN-STUDIO (**begins 4.14.22)</p>
		<p>10:00-11:00AM HATHA: CHAIR AS PROP LEVELS I/II ZOOM LIVESTREAM + IN-STUDIO</p>	
	<p>12:30PM-1:45PM GET FIT YOGIS! (YOGA/WEIGHTS/YOGA) IN-STUDIO ONLY T/TH MONTHLY SERIES Bone Strengthening!! 8-class Series Starts Tuesday 4.5.22 I have set up a livestream link for this class, in case you need to do class from home or elsewhere</p>	<p>11:30AM-12:45PM GET FIT YOGIS! (YOGA/WEIGHTS/YOGA) <i>not a series, weekly sign up+</i> ZOOM LIVESTREAM + IN-STUDIO only (Bone Strengthening + a great way to Pop Out of Pandemic Limbo!)</p>	<p>12:30PM-1:45PM GET FIT YOGIS! (YOGA/WEIGHTS/YOGA) IN-STUDIO ONLY T/TH MONTHLY SERIES Bone Strengthening!! 8-class Series Starts Tuesday 4.5.22 I have set up a livestream link for this class, in case you need to do class from home or elsewhere</p>
<p>4:00-5:15PM GENTLE HATHA ZOOM LIVESTREAM + IN-STUDIO</p>		<p>4:00-5:15PM GENTLE YIN ZOOM LIVESTREAM + IN-STUDIO</p>	
<p>5:45-7:00PM ALL LEVELS HATHA ZOOM LIVESTREAM + IN-STUDIO</p>	<p>6:00-7:15PM BEYOND ASANA: AN ENRICHMENT EXPERIENCE In-Studio + Zoom Livestream *** New time/day These classes are held all year round EXCEPT June, July, and August. See schedule for weekly features. 6:00PM-7:00PM YOGA IN THE PARK (Green Lake, near the Bathhouse Theater / Seattle Public Theater June, July, August</p>		<p>6:00-7:15PM RESTORATIVE YOGA: A YOGA OASIS AWAITS YOU! In-Studio + Zoom Livestream ***New class starts April 14!!!</p>

YOGA BY FRAN GALLO STUDIO

6869 WOODLAWN AVE, NE, SUITE 100, SEATTLE, WA 98115

Zoom Online and In-Studio Classes Register at: <https://frangallo.com/class-schedule/>

Please bring your yoga mat to class / Online pre-registration required. / Enter studio from main doors on Woodlawn (On weekends you will enter from studio back door off the parking lot). Studio is the first door on your left as you enter the building from Woodlawn. / All in-studio participants must be vaccinated. Please show your vaccine card the first time you attend an in-studio class. / Studio has a Blue Air Purifier. / Mask wearing optional. / If you sign up for in-studio and do not show up for class, you will be charged for that class (No charge if you cancel ahead of time online. We do have a wait list) / If you arrive to class early, please wait quietly in the hallway and enter the studio 10 minutes before the start of class.

All class times shown are local Seattle times

For Fran's FACEBOOK Livestream Monday - Thursday classes, fees are \$10-\$20 per session, payable via Venmo @FranGalloYoga / Zelle fran@frangallo.com / PayPal [paypal.me/FrancescaGal](https://www.paypal.com/venmo/FrancescaGal)
<https://www.facebook.com/YogaByFranGallo>