




# Class Schedule 115 Oceanport ave. Little Silver N.J 07739

www.cobayoga.com Email: info@cobayoga.com Tel. (732)889-4656

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15AM-9:15AM Morning express w/ Alice	8:15AM-9:15AM Morning express w/ Regina	8:15AM-9:15AM Morning express w/ Lissa Larkin 😊	8:15AM-9:15AM Morning Express w/ Regina	8:15AM-9:15AM Morning express w/ Melissa 😊		
9:30AM-10:45AM Coba flow w/ Regina 🧘	9:30AM-11:00AM Coba flow w/ Lili 😊 🧘	9:30AM-11:00AM Jivamukti w/Jen J. 🧘	9:30AM-11:00AM Coba flow w/ EMILY 😊 🧘	9:30AM-11:00AM Coba flow w/ Lili 🧘	9:30AM-10:45AM Coba flow w/ Mike 🧘	9:30AM-10:45AM Basic Flow w/ Lissa Larkin 😊 🧘
		11:00AM-12:00PM Restorative w/ Lissa Larkin 😊	11:00AM-11:35PM Baby & me w/ Lili (6 weeks-1 yr)	11:00AM-12:00PM Gentle w/ Regina 😊	11:00AM-12:30P M Coba flow w/ Lili 🧘 😊	11:00AM-12:30PM CobaFlow w/ Lili 🧘
12:15PM-1:15PM Lunch Express w/ Regina 😊 🧘	12:15PM-1:15P M Lunch Express w/ Lili 😊 🧘	12:15PM-1:15P M Lunch Express w/ Lili 😊 🧘	12:15PM-1:15PM Lunch Express w/ Lili	12:15PM-1:15PM Prenatal friendly w/ Lili 😊 🧘		
4:30-5:45PM Coba yoga flow w/ Liz 😊	4:30-5:45PM Flow /meditation w/ Lissa 😊 🧘	4:30-5:45PM Slow flow/restore w/ Kim 😊	4:30-5:45PM Flow in to bliss w/ Kristen 😊	1:30PM-2:15PM Kids yoga 3-5 Miss Alice		Monthly Restorative Yoga. Last Sunday of each month 2:00PM- 3:30PM w/ Holly
6:00PM-7:00PM Beginner yoga w/ Julie 😊	6:00PM-7:15PM Coba flow w/ Kristen	6:00PM-7:15PM Coba flow w/ Mike	6:00PM-7:10PM Beginner flow w/ Alice 😊	4:30-5:45PM Coba yoga flow w/ Emily 😊	7:00PM- 8:30PM Yoga of recovery from substance abuse w/ Holly 😊	
7:30PM- 8:45PM Coba flow w/ Alice	7:30PM- 8:45PM Coba flow w/ KELLY 😊	<b>Kadampa Meditation</b> 💖	7:30PM- 8:45PM Coba flow w/ Regina	6:00PM-7:15PM Coba yoga Flow w/ Regina		

 = Child care    😊 = Beginner friendly    💖 = By Donation

**subs. Walk-ins welcome!**