

BACK CARE CLASS SCHEDULE

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|--------------------------------|-------------------|-------------------------|--|
| Mondays 6-7 p.m. | Yoga Shelter | West Bloomfield | 6363 Orchard Lake Road |
| Tuesdays 6-7 p.m. | YogaMedics Studio | Farmington Hills | 37558 Hills Tech Dr., Bldg 1 12 mi & Halstead |
| Wednesdays 6-7 p.m. | Yoga Shelter | West Bloomfield | 6363 Orchard Lake Road |
| Thursdays 6-7 p.m. | YogaMedics Studio | Farmington Hills | 37558 Hills Tech Dr., Bldg 1 12 mi & Halstead |
| Thursdays 6-7 p.m. | YogaMedics Studio | Birmingham | 37558 Hills Tech Dr., Bldg 1 12 mi & Halstead |
| Friday 10-11 p.m. | 260 E. Brown St. | Farmington Hills | 260 E. Brown St. Suite 335* |
| Saturdays 10-11 a.m. | 260 E. Brown St. | Birmingham | 260 E. Brown St. Suite 335* |
| Sundays 10-11 a.m. | YogaMedics Studio | Farmington Hills | 37558 Hills Tech Dr., Bldg 1 12 mi & Halstead |

**Saturday entrance in rear of building, buzzer #335*

Please come join us. Your first week is complimentary!

248.538.0300

www.yogamedics.com