

# Class Schedule

<b>Mondays</b>	<b>Class</b>	<b>Location</b>
11:00 am – Noon	<a href="#">Mindfulness Meditation</a>	Yoga Inward Studio
<b>Tuesdays</b>	<b>Class</b>	<b>Location</b>
7:00 pm – 7:45 pm	<a href="#">Online Meditation (Zoom)</a>	Online via Zoom
<b>Wednesdays</b>	<b>Class</b>	<b>Location</b>
11:00 am – Noon	<a href="#">Mindfulness Meditation</a>	Yoga Inward Studio
6:00 pm – 7:00 pm	<a href="#">Mindfulness Meditation</a>	Yoga Inward Studio
<b>Thursdays</b>	<b>Class</b>	<b>Location</b>
4:00 pm – 4:45 pm	<a href="#">Online Meditation (Zoom)</a>	Online via Zoom
6:00 pm – 7:00 pm	<a href="#">Mindfulness Meditation</a>	Yoga Inward Studio
<b>Fridays</b>	<b>Class</b>	<b>Location</b>
11:00 am – Noon	<a href="#">Mindfulness Meditation</a>	Yoga Inward Studio
<b>Sunday</b>	<b>Class</b>	<b>Location</b>
4:00 pm – Noon	<a href="#">Online Movement &amp; Meditation</a>	Online via Zoom

**PLEASE NOTE:** MUST REGISTER FOR **ALL** CLASSES. REGISTRATION CLOSES 30 MINUTES PRIOR TO START OF SESSION. Check the website regularly for class updates. If there is a time you'd like to see that's not listed, please email me at [carmenrose@hush.com](mailto:carmenrose@hush.com)