



Michael Cremona's™
 80 - 84 Nassau St. 2nd floor - Princeton, NJ 08542
 www.YogaAbove.com - 609.613.1378
 Effective May 12, 2012

	Time	Class	Level	Studio	Teacher
Monday	9:00 AM	Hot Yoga	All	East	Michael
	4:30 PM	Yoga	1	East	Michael
	6:00 PM	Yoga	All	West	Robyn
	6:30 PM	Hot Yoga	1	East	Michael
	7:30 PM	Yoga	All	West	Katie
Tuesday	9:00 AM	Yoga	All	West	Jen
	9:30 AM	Yoga	All	East	Dayanand
	5:00 PM	Meditation	All	West	Tanya
	6:00 PM	Hot Yoga	1	East	Tanya
	6:30 PM	Yoga	All	West	Michael
Wednesday	6:00 AM	Mysore	All	West	Dayanand
	9:00 AM	Yoga	All	East	Michael
	9:30 AM	Yoga	All	West	Mecquel
	12:00 PM	Yoga	All	West	Mecquel
	4:30 PM	Yoga	1	East	Michael
	5:00 PM	Yoga	All	West	Emily
	6:30 PM	Hot Yoga	2	East	Michael
	7:30 PM	Yoga	All	West	Marissa
Thursday	9:00 AM	Yoga	All	West	Jen
	9:30 AM	Yoga	All	East	Dayanand
	12:00 PM	Yoga	All	West	Jen
	<i>Returns in June</i> 4:15 PM	Kids Yoga	All	West	Mecquel
	6:00 PM	Hot Yoga	1	East	Tanya
	6:30 PM	Yoga	All	West	Katie
	Friday	9:00 AM	Hot Yoga	All	East
9:30 AM		Yoga	All	West	Mecquel
4:30 PM		Yoga	1	East	Michael
6:00 PM		Yoga	All	West	Dayanand
6:30 PM		Hot Yoga	1	East	Michael
Saturday	10:00 AM	Yoga	All	West	Jen
	11:00 AM	Yoga	All	East	Dayanand
	1:00 PM	Yoga	All	West	Marissa
	3:00 PM	Yoga	All	West	Ariel
Sunday	10:00 AM	Yoga	1	East	Michael
	10:30 AM	Meditation	All	West	Wangden
	<i>first sunday</i> 12:30 PM	YOGA	3	East	Michael
	3:00 PM	Yoga	All	West	Ariel
	6:00 PM	Yoga	All	West	Ewa

Classes are 75 - 95 minutes. Noon (12pm) Classes are 60 minutes.

Class Levels

- All** – For beginners, new yogis and returning yogis.
- Level 1**- This class is for anybody and everybody with some yoga knowledge.
- Level 2**- For students with a regular and consistent yoga practice.
- Level 3**- This is a private class. E-mail info@YogaAbove.com for space availability.

Mysore - Self-led variation of Ashtanga yoga

Classes By Donation - Cash or Check in the Studio

Suggested Donation - \$15
 Mat Rental - \$2 . Towel Rental - \$2 . Water - \$2