



27th February 2024

MONDAYS

YOGA PILATES WITH CELESTE SZE, 9:30-10:30AM, 3/11, 3/18, 3/25, 4/1, 4/15, 4/22, 4/29, 5/6, 5/13
PRIVATE PRACTICE, ELIZABETH CAHN, 11AM-12PM
YOGA WITH ERIC BURRI, 4-5:30PM; 413.320.6705
STUDIO AVAILABLE 12:30-3:30PM & 6-10PM

TUESDAYS

YOGA WITH ERIC BURRI, 7-9:30AM; 413.320.6705
AUTHENTIC MOVEMENT WITH ANN MCNEAL & NINA WEYL, 10AM -NOON ;
STUDIO AVAILABLE 12:30-2:30PM
PRIVATE REHEARSAL WITH JOAN GREEN, 3-4:30PM JOANGREEN@GMAIL.COM
STUDIO AVAILABLE 5-10PM

WEDNESDAYS

STUDIO AVAILABLE 7AM- 10PM

THURSDAYS

YOGA WITH ERIC BURRI, 7-8:30AM, 413.320.6705
STUDIO AVAILABLE 9:30AM-10PM EXCEPT WORKSHOP BELOW
BIODANZA WITH CLARA RUBIN-SMITH, MARCH 7TH, 7-9PM

FRIDAYS

STUDIO AVAILABLE 7-11AM
TAI CHI EASY WITH LYNNE NICOLE SMITH; 11:30AM - 12:30PM, 2/23 THRU 3/29; WWW.QIGONGINFUSEDYOGA.COM
PRIVATE PRACTICE, ELIZABETH CAHN, 3-4PM; 413.204.9928
STUDIO AVAILABLE 5-10PM

SATURDAYS

FITNESS WITH TIFFANY JOSEPH STARTING JAN 27TH, 11AM-12PM
YOGA BLOCK WORKSHOP WITH TIFFANY JOSEPH, 3-4PM, JAN 27TH, FEB 24TH, MAR 25TH & ONGOING ON 4TH SATURDAYS
QIGONG INFUSED YOGA & SOUND HEALING WITH LYNNE SMITH & CAROLYN WALKER: 6:30-8PM: 12/2, 1/6, 2/3, 3/2

SUNDAYS

STUDIO AVAILABLE 7AM-2:30PM
PRIVATE PRACTICE, ELIZABETH CAHN, 3-4PM; 413.204.9928;
STUDIO AVAILABLE 4:30-10PM

The Barn Studio is available for Dance, Movement, Yoga and Aerobics Classes, as well as small functions. Please contact Mindi Sahner, via email, if you're interested in renting the Studio for a single event, or on a continual basis.

Mindi Sahner, Director
The Barn Studio, at White Barn Studios
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