



FALL REGISTRATION BIKRAM YOGA & BARRE
UNLIMITED BIKRAM YOGA & BARRE CLASSES FOR \$59. PER MONTH
OR AS DROP IN AT \$19. PER CLASS

MONDAY:

9:45 AM BIKRAM YOGA

TUESDAY:

12:00 PM BIKRAM YOGA- SILENT**

6:45 PM BIKRAM YOGA

WEDNESDAY:

9:45 AM BIKRAM YOGA

5:05 PM BARRE

6:00 PM BIKRAM YOGA

THURSDAY:

12:00 PM BIKRAM YOGA- SILENT**

5:30-6:15 WARM BARRE

FRIDAY:

9:45 AM BIKRAM YOGA

SATURDAY:

7:15 AM BIKRAM YOGA- SILENT**

9:00 AM HOT BARRE

SUNDAY:

9:00 AM BIKRAM YOGA

****PRIOR TO ATTENDING SILENT YOGA, YOU MUST ATTEND 5 REGULAR BIKRAM YOGA CLASSES**

BRING YOU OWN MATS AND TOWELS, WE DO NOT PROVIDE

NO SHOWERS ON PROPERTY

NAME: _____

EMAIL: _____

PHONE #: _____

I understand that participation in New England Dance activities involve a certain degree of risk and can be physically, mentally and emotionally demanding. I have carefully considered the risks involved and have given consent for myself and/or my child/children to participate in this activity. I also understand that participation in this activity is entirely voluntary and requires participants to abide by applicable rules and standards of conduct. I release New England Dance, Miss Frances School of Dance Inc., all employees, volunteers, students and related parties from all claims or liability arising out of this participation. In case of an emergency involving child/ren, I understand every effort will be made to contact me. In the event I can not be reached, I hereby give my permission to contact 911.

SIGN: _____