



3972 Bach Buxton Rd  
Amelia, OH 45102  
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[www.gymnastics-central.com](http://www.gymnastics-central.com)

## ADULT YOGA PROGRAM

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Updated: 10/12/2024

### Adult

Tuesday	5:45 - 6:30pm
	6:40 - 7:25pm
Wednesday	5:15 - 6:00pm
	6:15 - 7:00pm
Thursday	6:30 - 7:15pm