

# YOGA

at

**MSCS Family Wellness Centers**

All sessions and services  
are FREE for MSCS  
students and families.

## **Cordova Middle School**

900 N. Sanga Road. Center Hours 12- 8pm  
Yoga: Mondays @ 4:00pm

## **Manassas High School**

1111 N. Manassas. Center Hours 10- 6pm  
Yoga: Tuesdays @ 4:00pm

## **Booker T Washington**

715 S. Lauderdale. Center Hours 10- 6pm  
Yoga: Thursdays @ 4:00pm



Enter Doors through  
secure entrance near  
Wellness flags



Call 901.416.1631 for more information