

Intro Special - 30 Days Unlimited Yoga \$39 - New Customers Only*

	Mon	Tues		Wed	Thurs	Fri	Sat	Sun
7 am		7:30-8:45am Vinyasa Flow Level 2/3 Josh				7:30-8:30am Power Hour Level 2/3 Nancy		7:45-9:00am Vinyasa Flow Mixed Level Gemma
8 am	8:30-9:00am Meditation Instruction & Practice - Kim			8:00-9:15am Kundalini Yoga Barbara		8:45-9:45am Reiki & Meditation Jill	8:00-9:15am HOT Flow Denise	8:00-9:15am HOT Flow Jennifer
9 am	9:15-10:30am Warm Flow Michael	9:15-10:30am WARM Vinyasa Nancy		9:15-10:30am WARM Flow Sherry	9:15-10:30am HOT Flow Josh	9:15-10:30am WARM Flow Gabi	9:15-10:30am Vinyasa Flow Mixed Level Ranjitha	9:15-10:30am Vinyasa Flow Mixed Level Shannon
	9:30-10:45am Kundalini Yoga Mixed Level Shannon	9:30-10:45am Vinyasa Flow Mixed Level Shannon	9:45-10:45am Pranayama & Meditation Micole	9:30-10:45am Vinyasa Flow Mixed Level Alex	9:30-10:45am Vinyasa Flow Mixed Level Sherry		9:30-10:45am HOT Flow Gemma	9:30-10:45am WARM Vinyasa Flow Jill P.
10 am						10:00-11:15am Vinyasa Flow Mixed Level Ranjitha		
11 am	11:00am-12:15pm Vinyasa Flow Level 1 Jane	11:00am-12:15pm Restorative Yoga Reena	11:15-12:30am Yin Yoga Judit	11:00am-12:15pm Therapeutic Yoga Judit	11:00am-12:15pm Vinyasa Flow Level 1 Judit	11:30am-12:45pm Restorative Yoga Micole	11:00am-12:00pm Gentle Hatha for Stress Relief Ranjitha	11:00am-12:15pm Gentle Hatha for Stress Relief Reena
12 noon						12:00-1:00pm Vinyasa Flow Level 1 Sherry		
4 pm								4-5:15pm WARM Vinyasa Flow Mixed Level Teresa
5 pm	5:30-6:30pm Gentle Hatha for Stress Relief Judy	5:30-6:30pm Vinyasa Flow Mixed Level Ranjitha				5:30-6:30pm Yoga Basics Jennifer		
						5:45-7:00pm WARM Vinyasa Flow Mixed Level Gabi		
6 pm	6:00-7:00pm WARM Vinyasa Flow Mixed Level Shereen	6:15-7:15pm HOT Power Hour Noelle		6-7:15pm Kundalini Yoga Tracy	6:15-7:15pm HOT Power Hour Teresa	6:45-8:00pm Kundalini Yoga Shannon	6:00-7:15pm Pranayama & Meditation Susie	
	6:45-8:00pm Vinyasa Flow Mixed Level Michael	6:45-8:00pm Gentle Hatha Yoga for Stress Relief Ranjitha		6:30-7:30 pm Vinyasa Flow Mixed Level Gabi			6:15-7:30pm Vinyasa Flow Mixed Level Nancy D.	
7 pm	7:15-8:30pm HOT Vinyasa Flow Mixed Level Teresa	7:30-8:45pm HOT Flow Denise		7:30-8:45pm WARM Flow Michael		7:15-8:30pm HOT Flow Jane		7:00-8:15pm Yin by Candlelight Micole
				7:45-9:00pm Gentle Hatha for Stress Relief Reena				
8 pm	8:15-9:15pm Yoga Basics Alison					8:15-9:30pm Gentle Yoga Practice w Yoga Nidra Judy		
						8:30-9:30pm Community Class		