



WEEKLY SCHEDULE

Instructors may change. See MidtownYogaMemphis.com for current info.

DATE	TIME	CLASS	STUDIO	LEVEL	TEACHER
Monday	7-8am	Rise and Shine	A	Open	Laurie Jean
	8:30-10am	Vinyasa Flow	A	Int/Adv	Geoff
	9-10am	Beginner Basics	B	Foundation	Cyndi
	10:30-11:45am	Alignment	A	Open	Shantih
	12-1pm	Vinyasa	A	Open	Kevin
	1:30-2:30pm	Vinyasa	A	Open	Susan
	5-6pm	Hot Yoga - COMMUNITY	B	Open	Kevin
	5:30-6:30pm	Vinyasa	A	Open	Shantih
	6:45-8pm	Yoga for the Buddha Body	B	Foundation	Yolandrea
	7-8:15pm	Ayurvedic Vinyasa Yoga	A	Open	Caroline
Tuesday	6-7am	Vinyasa	A	Open	Blayne
	8:30-9:45am	Vinyasa	A	Open	Cyndi
	10:30-11:45am	Slow and Steady	A	Foundation	Susan
	12-1pm	Flow with Grace	A	Int/Adv	Grace
	5:15-6:15	Yoga for Cancer Survivors - FREE	B	Foundation	Caroline
	5:30-6:30pm	Alignment	A	Foundation	Shantih
	6:30-7:45pm	Yoga for Life	B	Open	Leslie
	7-8:15pm	Vinyasa - COMMUNITY	A	Open	Caroline
Wednesday	6-6:45am	Hot Express Flow	B	Open	Michele
	7-8am	Rise and Shine	A	Open	Laurie Jean
	8:30-9:45am	Vinyasa Flow	A	Int/Adv	Kirsti
	9-10am	Beginner Basics	B	Foundation	Cyndi
	10:30-11:30am	Alignment	A	Foundation	Shantih
	12-1pm	Vinyasa	A	Open	Rosalyn
	4-5pm	Hot Yoga	B	Open	Lisa
	5:30-6:30pm	Vinyasa	A	Open	Cate
	5:30-6:30pm	Yoga Essentials	B	Foundation	Anna
	6:45-7:45pm	Vinyasa	A	Open	Kandace
	7-8:30pm	Acro Jam	B	Open	Grace
8:15-9:30pm	Good Vibrations - COMMUNITY	A	Open	Yolandrea	
Thursday	7-8am	Alignment	A	Foundation	Debbie
	8:30-9:45am	Ayurvedic Vinyasa Yoga	A	Open	Caroline
	10-11:15am	Aerial Yoga	B	Foundation	Grace
	10:30-11:45am	Alignment	A	Foundation	Yolandrea
	12-1pm	Kripalu Yoga	A	Open	Kirsti
	4-5pm	Yoga Essentials	B	Foundation	Carrie
	5:30-6:30pm	Yoga Sculpt	A	Open	Caroline
	6-7:15pm	Hot Yoga	B	Open	Laurie Jean
	7-8:15pm	Vinyasa	A	Open	Rosalyn
Friday	7-8am	Yin Yoga	B	Foundation	Steve
	8:30-10am	Flow with Grace	A	Int/Adv	Grace
	10:30-11:30am	Alignment	A	Foundation	Shantih
	12-1pm	Vinyasa	A	Open	Debbie
	4-5pm	Vinyasa	A	Open	Kevin
	5:30-6:30pm	Restore Express	A	Open	Caroline
	7:15-8:30pm	TGIF Happy Hour - COMMUNITY	A	Open	Yolandrea
	8:30-9:45am	Shake It Up	B	Open	Hailey
Saturday	8:30-9:45am	Shakti Flow	A	Int/Adv	Arline
	10:15-11:30am	Alignment	A	Foundation	Yolandrea
	10:30-11:30am	Vinyasa	B	Open	Lauren
	11:45-1pm	Vinyasa	A	Open	Steve
	12-1:15pm	Prenatal Yoga	B	Foundation	Leigh Ann
	4:30-6pm	Restorative	A	Foundation	Christy
	8:30-9:30am	Vinyasa	B	Open	Jeanie
Sunday	9-10:15am	Alignment	A	Foundation	Debbie
	10:30-12pm	Vinyasa	A	Open	Christy
	3:30-4:45pm	Aerial Yoga	B	Open	Grace
	4-5:15pm	Body Rolling 101	A	Foundation	Kathleen
	5-6:30pm	AcroYoga	B	Open	Grace
	5:45-7pm	Vinyasa - COMMUNITY	A	Open	Student Teacher
	7-8pm	Yin Yoga	B	Foundation	Bonnie

CLASS FEES

Visit MidtownYogaMemphis.com to sign up online.

Community: \$7

Classes offered at a discounted fee in order to serve a wider community. There is a community drop-in pre-purchase option via our website.

Student Drop In: \$7

For those who are in school full-time. Must be purchased in the studio.

First Class: \$10

For those students new to Midtown Yoga. Must be purchased in the studio.

Drop In: \$15

Regular class fee. For those who have not purchased a class pass, but have been to the studio before. There is a drop-in pre-purchase option via our website.

1 Week Pass \$30

NEW STUDENTS ONLY

Take full advantage of your first week as a Midtown Yoga student with this one week pass. Only available for first-timers. Good for one class per day.

4-Class Pass \$55

Class fee drops to \$13.75 per class. 1 year expiration and can be pre-purchased via our website.

Student Pass: \$70

A 10 class pass only for full-time students. Must be purchased in the studio. 1-year expiration.

Senior Discount: \$90

A 10 class pass only for those 65+. Class fee drops to \$9 per class. 1-year expiration and must be purchased in the studio.

Private Yoga Session

For students wanting individualized instruction. See our website for pricing and to request your session.

10-Class Pass: \$110

Class fee drops to \$11.00 per class. 1-year expiration and can be pre-purchased via our website.

1-Month Pass: \$120

For students attending 3-7 times per week making the class fee drop between \$10 and \$4. Only 1 class per day and can be pre-purchased via our website.

1-Month Pass (2 classes): \$150

For those students wanting the option to attend more than 1 class per day.

3-Month Pass: \$325

For students attending 3-7 times per week making the class fee drop to between \$9 and \$3.50. Only 1 class per day and can be pre-purchased via our website.

Annual Pass: \$1,200

A slight savings over the 3 Month Pass with the convenience of having class fees taken care of for an entire year.

CLASS LEVELS

Foundation Level

Serves those who are brand new to yoga, as well as those who prefer to grow their practice from a strong foundation of postural alignment, skillful breathing, and understanding of how to modify poses to fit individual needs. Learn alignment principles in order to progress safely in your practice. Strength and flexibility are not required, but will be gained through regular attendance. We encourage you to speak to the teacher before class regarding any health concerns or if you are brand new to yoga, so that they can help with any necessary modifications during class.

Open Level

While beginners are welcome, Open level classes generally seek to serve students who have a regular yoga practice or are looking to evolve their practice to the next level. These classes will vary in range of difficulty and will offer modifications/ variations for differing aptitude. As always, we encourage you to speak to the teacher before class regarding any health concerns or if you are brand new to yoga, so that they can help with any necessary modifications during class.

Int/Adv Level

Serves students who already have a well established yoga practice, accurate self-assessment, and knowledge of their own capabilities and limitations to choose variations wisely. These classes will have a faster pace and encourage you to go deeper in your practice for mind, body and spirit.

