

**Monday**

8:30 - 9:30 AM :: House Yoga 3 :: Bridget  
10:00 - 11:00 AM :: Relief of Pain through Yoga 1  
:: Bridget  
12:00 - 1:00 PM :: Gentle Yin 2\* :: Debra  
12:10 - 12:50 PM :: Hot Lunch :: Bridget  
4:30 - 5:30 PM :: Vinyasa Flow 4 :: Bridget  
5:45 - 6:45 PM :: Gentle 2 :: John  
7:00 - 8:00 PM :: Hot Power Yoga :: Katy

**Tuesday**

7:00 - 7:40 AM :: Salute the Sun 3/4 :: Bridget\*  
8:30 - 9:30 AM :: House Yoga 3 :: Nicole  
9:00 - 10:00 AM :: House Yoga Sculpt 3/4 ::  
Rebecca  
10:00 - 11:00 AM :: Gentle 1/2 :: Sarah C  
12:10 - 12:50 PM :: Hot Lunch 4 :: Bridget  
4:30 - 5:30 PM :: Anusara 2/3 :: Doc  
5:45 - 6:45 PM :: Yin 2/3 :: Debra  
7:00 - 8:30 PM :: Hot Vinyasa Flow :: Rebecca

**Wednesday**

7:00 - 7:40 AM :: Salute the Sun 3/4 :: Nicole\*  
8:30 - 9:30 AM :: Om Yoga 3 :: Melody  
12:00 - 1:00 PM :: Gentle 1/2 :: Melanie  
12:10 - 12:50 PM :: Vinyasa 3/4 :: Sarah C\*  
3:00 - 3:45 PM :: Chair :: Melanie  
4:30 - 5:30 PM :: Vinyasa Flow 4 :: Kirsten  
5:45 - 6:45 PM :: Gentle Core 2/3 :: Debra

**Thursday**

7:00 - 7:40 AM :: Salute the Sun :: Rebecca\*  
8:30 - 9:30 AM :: House Yoga 3 :: Karen  
9:00 - 10:00 AM :: Beginner Vinyasa 3\* :: Karen  
10:00 - 11:00 AM :: Pain Relief Yoga 1 :: Kirsten  
12:10 - 12:50 PM :: Hot Lunch 4 :: Kirsten  
4:30 - 5:30 PM :: Inner Body Work 3 :: Melody  
5:45 - 6:45 PM :: Anusara Plus 3/4 :: Doc  
7:00 - 8:00 PM :: Yoga Sculpt 4 :: Rebecca

**Friday**

8:30 - 9:30 AM :: Core Yoga 3 :: Bridget  
12:10 - 12:50 PM :: Hot Lunch 4 :: Rebecca  
12:10 - 12:50 PM :: House Yoga 3 :: Debra\*  
4:30 - 5:30 PM :: House Yoga 3 :: Sarah C  
5:45 - 6:15 PM :: iRest Yoga Nidra 1 :: Donna\*  
6:00 - 7:00 PM :: Hot Vinyasa Flow :: Rebecca

**Saturday**

8:00 - 9:00 AM :: Advanced Anusara 5 :: Doc  
8:30 - 9:30 AM :: House Yoga 3 :: Sarah\*  
9:15 - 10:15 AM :: DJ Saturday 4 :: Melody & DJ  
Mental  
9:45 - 10:45 AM :: Prenatal P :: Sarah\*  
10:30 - 11:30 AM :: The Balance of Yin & Yang 2  
:: Melody

**Sunday**

4:00 - 5:00 PM :: Sunday Yoga 3 :: Surprise  
Teacher

\* indicates class held in Studio 2