

Monday

8:30 - 9:30 AM :: House Yoga 3 :: Bridget
10:00 - 11:00 AM :: Relief of Pain through Yoga 1
:: Mary
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
4:15 - 5:15 PM :: House 3 :: Dona W*
5:45 - 6:45 PM :: Gentle 2 :: John
7:00 - 8:00 PM :: Heated Power Yoga 4 :: Katy

Tuesday

7:00 - 7:40 AM :: Salute the Sun 3/4 :: Rebecca*
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 :: Melanie
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 :: Heated Vinyasa 4/5 :: Rebecca

Wednesday

7:00 - 7:40 AM :: Salute the Sun 3/4 ::Dona W*
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 :: Karen*
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 3/4 :: 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 :: Mary
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 :: Melody
12:10 - 12:50 PM :: Breath & Body 4 :: John
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 :: Heated Vinyasa 4 :: 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