

Monday

8:30 - 9:30 AM :: House Yoga 3 :: Rebecca
10:00 - 11:00 AM :: Pain Prevention & Relief
through Yoga 1 :: Mary
12:00 - 1:00 PM :: Gentle Yin 2* :: Debra
12:10 - 12:50 PM :: Hot Lunch :: Kirsten
4:30 - 5:30 PM :: Hatha Flow 4 :: Sophie
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 :: Sarah C
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 :: Melody
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
10:00 - 10:50 AM :: Gentle 2 :: Sarah C*
12:10 - 1:00 PM :: Hot Lunch 4 :: Kirsten
3:00 - 3:45 PM :: Chair :: Melanie
4:30 - 5:30 PM :: Vinyasa Flow 4 :: Kirsten
5:45 - 6:45 PM :: Pain Prevention & Relief
through Yoga 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 Prevention & Relief
through 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 :: Hot Lunch 4 :: Rebecca
12:00 - 1:00 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