



## Fall Schedule - Effective September 3<sup>rd</sup>, 2019

Heated Classes

Lightly Heated Classes

Non-Heated Classes

\*Pay What You Can (by donation) \*\*Special Rate (No Passes) \*\*\*Pre-Registered Class

### Monday

6:00-6:45am	Sunrise Slow Flow	Jennifer
10:00-11:15am	Core Flow	Sarah
5:30-6:30pm	Therapeutic Hatha	Megs
6:45-7:45pm	Stretch & Flow	Ruth
8:00-9:00pm	Hot Hatha	Dan
8:00-9:00pm	Community Meditation*	Rotating Instructors

### Tuesday

8:30-9:45am	Kundalini Yoga	Elaine
10:00-11:00am	Yin Yoga	Laurin
11:30-12:45pm	Mom & Baby Yoga	Miriana
5:30-6:30pm	Ashtanga Yoga	Miriana
6:45-7:45pm	Slow Flow	Tabitha
7:00-8:15pm	Prenatal Yoga***	Miriana
8:00-9:00pm	Gentle Hatha Flow	Kim

### Wednesday

6:00-6:45am	Sunrise Slow Flow	Jennifer
10:00-11:00am	Mindful Flow	Megs
6:45-7:45pm	Vinyasa Flow	Dan
8:00-9:15pm	Restorative Yoga	Kassey

### Thursday

8:45-9:45am	Goddess Flow	Laurin
10:00-11:00am	Yin Yoga	Sarah
5:30-6:30pm	Power Flow	Barb
6:45-8:00pm	Yoga Tonic	Natasha

### Friday

6:00-6:45am	Sunrise Slow Flow	Jennifer
8:45-9:45am	Yin Yang Flow	Laurin
10:00-11:00am	Yoga Breakdown	Jason
6:45-7:45pm	Community Class* (1st, 3rd & 5th Fridays)	Rotating Instructors
	Belly Dance Basics** (2nd Friday)	Laurin/Laura
	Liberation Lounge (4th Friday)	Chris
8:00-9:00pm	Gay Men's Yoga	Chris

### Saturday

8:00-9:00am	Mindful Flow	Jennifer
9:15-10:15am	Deep Flow	Sarah
4:00-5:00pm	Acro Yoga Fam Jam** (1 <sup>st</sup> Saturday ONLY)	Jennifer & Jessie

### Sunday

10:00-11:00am	Vinyasa Flow	Dan
11:15-12:30pm	Soul Food	Carrie
6:00-7:00pm	Karma Class (\$5 drop-in)	Kim
7:15-8:30pm	Yin Yoga	Miriana