



Complete Yoga Class Schedule
 Take a Picture of Our Schedule
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 View It Any Time

Sunday				
9:00 AM	Prenatal Yoga	Sarah	Main	
10:30 AM	Yoga with a Twist	Heather	Main	60 minutes
Monday				
9:30 AM	Yoga Fundamentals	Sarah	Main	
12:30 PM	Chair Yoga Mix	Jeanie	Studio B	60 minutes
5:30 PM	Yoga Flow	Sarah	Main	60 minutes
7:15 PM	Mindful Movement	Sarah R.	Main	
Tuesday				
9:30 AM	Baby Boomer Yoga	Jeanie	Main	
4:30 PM	Yoga for Every Body	Jeanie	Main	60 minutes
7:00 PM	Warm Flow Yoga	Therese	Studio B	
Wednesday				
9:00 AM	Fit Mom	Sarah	Studio B	45 minutes
12:30 PM	Chair Yoga Mix	Wendy	Studio B	60 minutes
5:30 PM	Prenatal Yoga	Sarah	Main	
Thursday				
9:30 AM	Ashtanga Primary Series	Sarah	Main	
5:45 PM	Mindful Movement	Danielle	Main	
7:15 PM	Yoga with a Twist	Heather J.	Main	
Friday				
10:30 AM	Mindful Movement	Danielle	Main	
time varies	Friday Night Specialty*		Main	
Saturday				
8:00 AM	Warm Flow Yoga	Therese	Studio B	
9:45 AM	Mindful Movement	Danielle	Main	

Friday Night Specialty

Fun Fridays First & Second Friday of the month, themes and times vary

Family Forrest Yoga Third Friday of the month from 6:30 - 7:30

Belly Dancing Fourth Friday of the month 7:30 - 8:30

June 2, 2019