

We Are Yoga Class Schedule • Valid August 1 - October 30

Monday	Vinyasa Level 1	8:00 am	60 mins	Sarah
	Hatha	10:00 am	75 mins	Chloe
	Open Level.....	12:00 pm	60 mins	Heather
	Vinyasa Level 1	5:45 pm	60 mins	Kat
	Yoga Basics	6:00 pm	60 mins	Brittany
	Vinyasa Level 1 & 2	7:00 pm	60 mins	Winslow
	Donation Yoga.....	7:15 pm	60 mins	Elizabeth

Tuesday	Kalari Movement™	7:00 am	75 mins	Lesha
	Hatha Vinyasa	8:00 am	60 mins	Emily
	Open Level.....	9:30 am	75 mins	Rachel
	Hatha Vinyasa	10:30 am	60 mins	Chloe
	Open Level.....	12:00 pm	60 mins	Bonnie
	Vinyasa 1 & 2	5:45 pm	75 mins	Kristine
	Yoga Basics	6:00 pm	60 mins	LeeAnn
Hatha Level 1	7:15 pm	60 mins	Kate	

Wednesday	Vinyasa Level 1	8:00 am	60 mins	Sarah
	Hatha	10:00 am	75 mins	Heather
	Open Level.....	12:00 pm	60 mins	Chloe
	Hatha for Hips	5:45 pm	60 mins	Danielle/LeeAnn
	Yoga Basics	6:00 pm	60 mins	Brittany
	Vinyasa Level 1 & 2	7:00 pm	75 mins	Winslow
	Donation Yoga.....	7:15 pm	60 mins	Elizabeth

Thursday	Kalari Movement™	7:00 am	75 mins	Heather
	Hatha Vinyasa	8:00 am	60 mins	Emily
	Open Level.....	9:30 am	75 mins	Rachel
	Yoga Basics	10:30 am	60 mins	Chloe
	Open Level.....	12:00 pm	60 mins	Kat
	Hatha Vinyasa	4:15 pm	60 mins	Kat
	Kids Yoga	4:15 pm	60 mins	Heather
	Vinyasa Level 1 & 2	5:45 pm	75 mins	Kristine
Vinyasa Level 1	7:15 pm	75 mins	Lin	

Friday	Hatha	10:00 am	75 mins	Heather
	Open Level	12:00 pm	60 mins	Heather
	Back & Spine	5:45 pm	75 mins	Danielle
	Power Hour.....	6:00 pm	60 mins	Sunee

Saturday	Vinyasa Level 1	8:00 am	60 mins	Bonnie
	Vinyasa Level 1 & 2	10:00 am	90 mins	Kristine
	Hatha Basics.....	10:15 am	60 mins	Chase

Sunday	Vinyasa Level 1 & 2	10:00 am	90 mins	Lin
	Align	11:00 am	75 mins	Kate
	Restorative	4:00 pm	90 mins	Rachel