

We Are Yoga Class Schedule • Valid Sept 1 - November 31

Open Level.....	10:00 am	75 mins	Alison
Little Yogi Playtime.....	10:00 am	75 mins	Erica
Noon Flow	12:00 pm	60 mins	Marie
Vinyasa Level 1	5:45 pm	75 mins	Jami
Yoga Basics	6:00 pm	60 mins	Chloe
Yoga for Stiffer Bodies	7:15 pm	60 mins	Daryl

Mon.

Power Hour.....	7:00 am	60 mins	Daryl
Open Level.....	9:30 am	75 mins	Adam
Noon Flow	12:00 pm	60 mins	Sarah R.
Vinyasa 1 & 2	5:45 pm	75 mins	Kristine
Yoga for Core Strength	6:30 pm	60 mins	Meg
Vinyasa 1	7:15 pm	60 mins	Sara D.

Tues.

Align & Shine	6:30 am	60 mins	Sarah B.
Vinyasa Level 1	8:30 am	60mins	Sara D.
Group Meditation	9:15 am	30 mins	Heather
Hatha	10:00 am	75 mins	Heather
Little Yogi Playtime.....	10:00 am	75 mins	Erica
Noon Flow	12:00 pm	60 mins	Daryl
Kid's Yoga	4:15 pm	60 mins	Erica
Vinyasa Level 1	5:45 pm	75 mins	Jami
Yoga Basics	6:30 pm	60 mins	Chloe
Vinyasa Level 1 & 2	7:15 pm	75 mins	Lena

Wed.

Kalari Movement™	7:00 am	75 mins	Heather
Power Hour.....	7:00 am	60 mins	Daryl
Open Level.....	9:30 am	75 mins	Adam
Noon Flow	12:00 pm	60 mins	Annie
Vinyasa Level 1 & 2	5:45 pm	75 mins	Kristine

Thurs.

Hatha	10:00 am	75 mins	Heather
Noon Flow	12:00 pm	60 mins	Jami
Back & Spine	5:45 pm	75 mins	Ceridwen

Fri.

Vinyasa Level 1	8:00 am	60 mins	Dominique
Vinyasa Level 1 & 2	10:00 am	90 mins	Kristine
Yoga Basics	10:15 am	60 mins	Jade

Sat.

Vinyasa Level 1 & 2	10:00 am	90 mins	Lin
Restorative	4:00 pm	90 mins	Ceridwen

Sun.