

Class Schedule

Mon

8:00 - 9:00am	\$5.00 Drop in Yoga	Michele
9:30 -10:45am	Level 1-2 Vinyasa Flow	Michele
5:30 - 6:45pm	White Lotus Flow	Michele

Tues

9:30 - 10:30	Core Yoga Class	Michele
5:30 - 6:45pm	Vinyasa Mixed Level	Michele

Wed

9:30 -11:00am	Hatha Flow	Michele
6:15 - 7:30pm	Beginner Yoga	Tom Albani
8pm - 9pm	Core Essentials	Angela

Thurs

1:00 to 2:30pm	Baby Wearing Yoga	Hayley
6:00 - 7:30 pm	Let Your Yoga Dance	Michele

Friday

8:00 - 9:00am	\$5.00 Drop in Yoga	Michele
9:30 -11:00am	Vinyasa Flow	Michele
11 - 12pm	Irest Yoga Nidra	Michele

Saturday

8:30- 9:40am	Mixed level Vinyasa Flow	Michele
10:00 -11:30am	Alignment & Yoga Series	Ron Mlnnick

Sunday

10:00-11:30am	Prenatal Yoga	Hayley
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