



May 2019 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:15 - 8:15am	WARM Power Flow Izzy	WARM Power Flow Rosie	HOT Power Flow Ruth	WARM Power Flow Rosie	WARM Power Flow Maegan	WARM Power Flow Forrest	WARM Power Flow Ruth
8:15 - 9:30am	Flow & Yin \$10 Miranda	Slow Flow \$10 Tabitha	Flow & Yin \$10 Amy	Slow Flow \$10 Tabitha	Flow & Yin \$10 Anna	Gentle Flow \$10 Denise	Flow & Yin \$10 Amy
8:30 - 10:00am	Slow Power Flow Sara	WARM Flow & Yin Nathalie	WARM Yin Anna	WARM Slow Power Flow Tucker W.	Slow Power Flow Sara	WARM Ashtanga Jonathan	HOT Power Flow Forrest
10:00 - 11:30am	Gentle Kundalini Sierra	Slow Flow & Restorative Paige (ends 11:15am)	WARM Power Flow Rosie	Gentle Restorative & Yin Paige (ends 11:15am)	Gentle Flow Tara	Gentle Restorative & Yin Amanda	Flow & Yin Julia
10:15 - 11:45am	Mindful Flow Gota	Align & Flow Joe	Bhakti Flow Michael J.	Align & Flow Joe	Bhakti Flow Michael J.	Align & Flow Joe	Bhakti Flow Michael J.
12:15 - 1:45pm	Align & Flow Deirdre	HOT Flow & Yin Shala	WARM Flow & Yin Maeve (ends 1:30pm)	HOT Flow & Yin Shala	WARM Flow & Yin Tucker S. (ends 1:30)	HOT Power Flow Forrest	Yin Maegan
12:30 - 1:45pm	Back Care Libby	Therapeutic Yin Tucker S.	Back Care Libby	Therapeutic Yin Tucker S.	Self-Massage & Yin Libby	Slow Flow & Yin Tucker S.	WARM Slow Flow Denise
2:15 - 3:45pm	HOT Power Ashtanga Mix \$10 Stephanie	WARM Power Flow \$10 Tucker W. (ends 3:30pm)	Align & Flow \$10 Amanda (ends 3:30pm)	WARM Power Flow \$10 Tucker W.	HOT Power Ashtanga Mix \$10 Stephanie	HOT Power Ashtanga Mix \$10 Tucker S.	Slow Flow \$10 Nicole (ends 3:30pm)
2:30 - 3:45pm	Gentle Flow & Restorative \$10 Maeve	Gentle Flow & Restorative \$10 Denise	Gentle Restorative & Yin \$10 Tanya	Led Ashtanga \$10 Jonathan	Gentle Flow & Restorative \$10 Amy	Gentle Restorative & Yin \$10 Tanya	WARM Flow & Yin \$10 Kelly
4:00 - 5:15pm	WARM Yin Shala (ends 5:00pm)	WARM Flow & Yin Tucker S.	Slow Mindful Flow Lewis	Bhakti Flow Michael J.	HOT Slow Flow Denise	WARM Slow Power Flow Nathalie	Gentle Restorative & Yin Maeve
4:15 - 5:30pm	WARM Power Flow Ruth	Slow Flow & Restorative Nathalie	Gentle Restorative & Yin Michael J.	Slow Flow & Restorative Maeve	Slow Flow & Restorative Andie	Therapeutic Yin Tucker S.	WARM Power Flow Ruth
5:30 - 6:45pm	HOT Flow & Yin Shala	WARM Flow & Yin Maeve	HOT Flow & Yin Shala	WARM Flow & Yin Michael J.	WARM Flow & Yin Maeve	WARM Flow & Yin Ruth	WARM Flow & Yin Maeve
5:45 - 7:00pm	Bhakti Flow Michael J.	Yin Kimberley	Bhakti Flow Michael J.	Align & Flow Joe	Yin Tucker S.	Gentle Restorative & Yin Nathalie	Gentle Kundalini Ananda
7:00 - 8:15pm	WARM Power Flow \$10 Maegan	WARM Kundalini \$10 Ananda	WARM Flow & Yin Maegan	HOT Kundalini \$10 Sierra (ends at 8:30pm)	Charity of the Month: Girls on the Run May 30 - 10% of Drop-In & Community Class Sales Donated Ask us how you can get involved!		Gentle Restorative & Yin \$10 Michael J.
7:15 - 8:30pm	Gentle Restorative & Live Music Lyndsey	Mindful Flow Richard	Gentle Restorative & Live Music \$10 Becca	Gentle Yin & Nidra Miranda			Kirtan & Meditation \$10 Amah (ends 8:15)

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Full Moon Flow
with Nathalie Claes
May 18, 2019

Rejuvenation
Meditation with
Gong
with Sierra Hollister
May 24, 2019

Restorative Yoga
with Sound
Immersion
with Paige Gilchrist
May 26, 2019

Classes recommended for beginners