



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	*Outside Power Flow Rosie	Power Flow Rosie	Power Flow Ruth	Power Flow Rosie	Power Flow Ruth	Power Flow Forrest	
8:30 - 9:45am	Back Care Libby	Family & Kids Yoga Ruth (ends at 9:30)	Back Care Libby	Kaiut Tucker	Therapeutic Self Massage Deirdre	Family & Kids Yoga Ruth (ends at 9:30)	*Outside Ashtanga Jonathan (begins August 8)
10:00 - 11:15am	Gentle Kundalini Sierra	Slow Flow & Restorative Paige	Kundalini Flow Sierra	Gentle Restorative & Yin Paige	Bhakti Flow Michael J.	Align & Flow Joe	
11:30 -12:45pm	Flow & Yin Shala	Align & Flow Joe	Flow & Yin Shala	Flow & Yin Amy	Flow with Weights Sara	Flow & Yin Julia	
1:00 - 2:15pm	Align & Flow Deirdre	Flow with Weights Sara	Slow Flow Lewis	Slow Flow & Yin Andie	Power Flow Tiffany		
4:00 - 5:15pm	Prana Basics Richard	Bhakti Flow & Yin Michael	Flow & Yin Julia	Ashtanga Jonathan	Prana Flow Richard (begins August 14)		Flow & Yin Maegan
5:30 - 6:45pm	Gentle Align & Flow Joe (ends at 6:30)	Yin Maegan	Bhakti Michael	Align & Flow Joe	*Outside Power Flow Tiffany		Gentle Restorative & Yin Michael

* Outdoor classes are limited in capacity to 24 participants. Must register in advance and non-refundable.

 Classes recommended for beginners