Asheville YOGA Center

Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	**OUTDOOR Power Flow** Rosie	**INDOOR Power Flow** Rosie	**INDOOR Power Flow** Ruth	**INDOOR Power Flow** Rosie	**INDOOR Power Flow** Ruth	**INDOOR Power Flow** Forrest	
8:30 - 9:45am	**Back Care** Libby	**INDOOR Flow & Yin** Tiffany	**Back Care** Libby	**Kaiut** Tucker	**Therapeutic Self Massage** Deirdre	**OUTDOOR Gentle Flow & Yin** Ruth	**OUTDOOR Ashtanga** Jonathan
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	**INDOOR Flow with Weights** Ruth	**Flow & Yin** Julia	
1:00 - 2:15pm	**Align & Flow** Deirdre	**INDOOR Gentle Restorative & Yin** Tiffany	**Mindful Flow** Lewis	**Slow Flow & Yin** Andie	**INDOOR Power Flow** Tiffany		
4:00 - 5:15pm	**Slow Power Flow** Michael	**Bhakti Flow & Yin** Michael	**Bhakti** Michael	**Ashtanga (INDOOR Begins Oct. 15)** Jonathan	**Align & Flow** Richard		**INDOOR Flow & Yin** Maegan
5:30 - 6:45pm	**Gentle Align & Flow** Joe (ends at 6:30)	**INDOOR Yin** Maegan	**Align & Flow** Richard	**Align & Flow** Joe	**Mindful Flow** Gota		**Gentle Restorative & Yin** Michael

Beginner Friendly Classes

Virtual & Outdoor Classes are $10 each.

Indoor Classes are $18 each with a Virtual option at $10 each.

Memberships and Virtual 10 Packs are not valid for Indoor Classes.

Indoor and Outdoor Classes are limited capacity. Advanced registration and payment required. We cannot accept cash or payment at time of service.

Indoor and Outdoor class registration are non-refundable.