



# Class Schedule

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

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

 Classes recommended for beginners