



October Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	OUTDOOR Power Flow Ruth	OUTDOOR Power Flow Rosie	OUTDOOR Power Flow Ruth	OUTDOOR Power Flow Rosie			
8:30 - 9:45am	* OUTDOOR Bhakti w/ Live Music Luna Ray	* Align & Flow Joe	Y12SR Rosie	Core Based Flow Sophie		OUTDOOR Slow Flow & Yin Ruth	
10:00 - 11:15am	* Mindful Flow & Restorative Kate	* Slow Flow & Restorative Paige	Mindful Flow Gota	* Gentle Restorative & Yin Paige	* Bhakti Flow & Yin Michael	* Gentle Yoga & Ball Rolling Deirdre	Align & Flow Joe
12:00 - 1:15pm	OUTDOOR Flow & Yin Tucker	Align & Flow Joe	Flow & Yin Shala	OUTDOOR Flow & Yin Amy	OUTDOOR Strong & Slow Flow Alisa	OUTDOOR Power Flow Grace	
1:30 - 2:45pm	* \$10 Align & Flow Deirdre	* \$10 OUTDOOR Heart & Space Flow Jessica	* \$10 OUTDOOR Intentional & Slow Flow Katie	* \$10 OUTDOOR Qigong Keith	* \$10 OUTDOOR Embodied Flow & Nidra Amanda		OUTDOOR Flow & Yin Andy
4:00 - 5:15pm	* Gentle & Restorative Yin Shala	* Gentle Yoga Lewis	* OUTDOOR Bhakti w/Live Music Luna Ray	* OUTDOOR Back Care Richard	OUTDOOR Heart & Space Flow Jessica		OUTDOOR Dynamic Flow Kate
5:30 - 6:45pm	Flow & Yin Shala	OUTDOOR Flow & Yin Kate	Strong & Slow Flow Alisa	* Gentle Align & Flow Joe	OUTDOOR Flow & Yin Ruth	WARM Mindful Flow Gota	Mindful Restorative & Yin Gota

- In-person Only
- In-person & Live Streamed
- Virtual Only

* Indicates a Beginner Friendly Class

In-person Single Regular Class: \$18
In-person Single Community Class: \$10
Virtual Single Class: \$10

*Outdoor classes do not require a mask.

Questions? Email guestservices@youryoga.com