



# January Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15am	<b>Power Flow</b> Ruth	<b>Power Flow</b> Rosie	<b>Power Flow</b> Ruth	<b>Power Flow</b> Rosie	<b>Power Flow</b> Ethan	<b>WARM Power Flow</b> Brittany	
8:30 - 9:45am	* <b>Good Morning Vinyasa Flow</b> Luna Ray	* <b>Align &amp; Flow</b> Joe	<b>Y12SR</b> Rosie	<b>Awakening Flow</b> Brittany	<b>Morning Flow</b> Andy	<b>Slow Flow &amp; Yin</b> Ruth	
10:00 - 11:15am	* <b>Mindful Flow &amp; Restorative</b> Kate	* <b>Slow Flow &amp; Restorative</b> Paige	<b>Mindful Flow</b> Gota	* <b>Gentle Restorative &amp; Yin</b> Paige	* <b>Bhakti Flow &amp; Yin</b> Michael	* <b>Gentle Yoga &amp; Ball Rolling</b> Deirdre	<b>Align &amp; Flow</b> Joe
12:00 - 1:15pm	<b>Flow &amp; Yin</b> Tucker	<b>Align &amp; Flow</b> Joe	<b>Flow &amp; Yin</b> Shala	<b>Flow &amp; Yin</b> Amy	<b>Strong &amp; Slow Flow</b> Alisa	<b>Flow &amp; Yin</b> Grace	<b>Power Flow</b> Morgan
1:30 - 2:45pm	* <b>\$10 Align &amp; Flow</b> Deirdre	* <b>\$10 Heart &amp; Space Flow</b> Jessica	<b>Gentle Flow &amp; Restorative</b> Grace	* <b>\$10 Heart &amp; Space Flow</b> Jessica	* <b>\$10 Yin &amp; Nidra</b> Amanda	* <b>Reiki Restorative</b> Amanda	<b>Flow &amp; Yin</b> Andy
4:00 - 5:15pm	* <b>Gentle &amp; Restorative Yin</b> Shala	* <b>Gentle Yoga</b> Lewis	* <b>Bhakti w/ Live Music</b> Luna Ray	* <b>Yoga Basics</b> Richard	* <b>Engage &amp; Unwind</b> John		<b>Dynamic Flow</b> Kate
5:30 - 6:45pm	<b>Flow &amp; Yin</b> Shala	<b>Flow &amp; Yin</b> Kate	<b>Strong &amp; Slow Flow</b> Alisa	* <b>Gentle Align &amp; Flow</b> Joe	<b>Flow &amp; Yin</b> Ruth	<b>WARM Mindful Flow</b> Gota	<b>Mindful Restorative &amp; Yin</b> 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**

Questions? Email [guestservices@youryoga.com](mailto:guestservices@youryoga.com)