

May Class Schedule

● Green Studio ● Blue Studio ● Virtual Only
 * Indicates a Beginner Friendly Class ((●)) Virtual Option



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 - 8:15AM	Power Flow <i>Sonya</i>	Warm Strong Flow <i>Rosie</i>	Power Flow <i>Ruth</i>	Warm Strong Flow <i>Rosie</i>	Power Flow <i>Ethan</i>		
8:30 - 9:45AM	Good Morning Vinyasa Flow <i>Luna Ray</i>		Y12SR <i>Rosie</i>	Awakening Flow <i>Brittany</i>	Morning Flow <i>Andy</i>	Slow Flow & Yin <i>Ruth</i>	
8:45 - 9:45AM	*Gentle Flow & Yin <i>Amy</i>					Power Flow <i>Sonya</i>	
10:00 - 11:15AM	*Mindful Flow & Restorative <i>Kate</i>	*Slow Flow & Restorative <i>Paige</i> ((●))	Mindful Flow <i>Gota</i>	*Gentle Restorative & Yin <i>Paige</i> ((●))	*Bhakti Flow & Yin <i>Michael</i>	Align & Flow <i>Joe</i>	*Bhakti Flow & Yin <i>Michael</i> Ends at 11:30 AM
					*Gentle Yoga & Ball Rolling <i>Deirdre</i>		
10:30 - 11:30 AM	\$10 Yoga for Mental Wellness <i>Jessica</i>	Mindful Flow <i>Cari</i>	*Bhakti Flow w/ Live Music <i>Michael</i>	Dynamic Prana Flow <i>Kate</i>			
12:00 - 1:15PM	*Kaiut <i>Tucker</i>	Align & Flow <i>Joe</i>	HOT Flow & Yin <i>Shala</i>	Flow & Yin <i>Amy</i>	Strong & Slow Flow <i>Alisa</i>	Flow & Yin <i>Grace</i>	Power Flow <i>Morgan</i>
12:15 - 1:15PM				*Warm Yin <i>Gota</i>			
1:30 - 2:45PM	*\$10 Align & Flow <i>Deirdre</i>	\$10 Heart & Space Flow <i>Jessica</i>	*\$10 Gentle Flow & Restorative <i>Grace</i>	\$10 Heart & Space Flow <i>Jessica</i>	*\$10 Yin & Nidra <i>Amanda</i>	*Reiki Restorative <i>Amanda</i>	Flow & Yin <i>Andy</i>
4:00 - 5:15PM	*WARM Gentle & Restorative Yin <i>Shala</i>	*Gentle Yoga <i>Lewis</i> ((●))	*Bhakti w/Live Music <i>Luna Ray</i>	Slow Flow & Restorative <i>Miranda</i>	*Vinyasa Flow <i>John</i>		Dynamic Flow <i>Kate</i>
5:30 - 6:45PM	HOT Flow & Yin <i>Shala</i>	Flow & Yin <i>Kate</i>	Strong & Slow Flow <i>Alisa</i>	*Gentle Align & Flow <i>Joe</i>	WARM Mindful Flow <i>Gota</i>		Mindful Restorative & Yin <i>Gota</i>
				Flow & Yin <i>Ruth</i>			
5:45 - 6:45PM	Yin Yoga <i>Morgan</i>	Yin & Nidra <i>Miranda</i>	Heart & Space Flow <i>Jessica</i>	Slow Vinyasa Flow <i>Andy</i>			

Questions? Email guestservices@youryoga.com