

June 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 Sonya	Morning Flow Maeve (Ends at 8AM)	Power Flow Ruth	Warm Strong Flow Rosie	TGIFlow Ethan		
8:30 - 9:45AM	Good Morning Vinyasa Flow Luna Ray	Warm Strong Flow Rosie	Y12SR Rosie	Awakening Flow Brittany	Morning Flow Andra (Andy) Smith	Slow Flow & Yin Ruth	
8:45 - 9:45AM	*Gentle Flow & Yin Amy					Power Flow Sonya	
10:00 - 11:15AM	*Mindful Flow & Restorative Kate	*Slow Flow & Restorative Paige ((●))	Mindful Flow Gota	*Gentle Restorative & Yin Paige ((●))	*Bhakti Flow & Yin Michael	Align & Flow Joe	*Bhakti Flow & Yin Michael (Ends at 11:30 AM)
					*Gentle Yoga & Ball Rolling Deirdre		
10:30 - 11:30 AM	\$10 Yoga for Mental Wellness Jessica	Mindful Flow Cari	*Bhakti Flow & Yin Michael (Ends at 11:45AM)	Dynamic Prana Flow Kate			
12:00 - 1:15PM	*Kaiut Tucker	Align & Flow Joe	HOT Flow & Yin Shala	Flow & Yin Amy	Strong & Slow Flow Alisa	Heart & Space Flow Jessica	Power Flow Morgan
12:15 - 1:15PM				Warm Yin Gota (Ends at 1:30PM)			
1:30 - 2:45PM	*\$10 Align & Flow Deirdre	\$10 Heart & Space Flow Jessica	*\$10 Gentle Flow & Restorative Maeve	\$10 Heart & Space Flow Jessica	*\$10 Yin Yoga Amanda	*Reiki Restorative Amanda	Flow & Yin Andra (Andy) Smith
4:00 - 5:15PM	*WARM Gentle & Restorative Yin Shala	*Gentle Yoga Lewis ((●))	Yoga Nidra Amanda Ends at 5PM	Slow Flow & Restorative Miranda	*Vinyasa Flow John		Dynamic Flow Kate
5:30 - 6:45PM	HOT Flow & Yin Shala	Flow & Yin Kate	Strong & Slow Flow Alisa	*Gentle Align & Flow Joe	WARM Mindful Flow Gota		Mindful Restorative & Yin Gota
				Flow & Yin Ruth			
5:45 - 6:45PM	Yin Yoga & Acupressure Morgan	Yin & Nidra Miranda	Heart & Space Flow Jessica	Slow Vinyasa Flow Andra (Andy) Smith			

Questions? Email guestservices@youryoga.com