



## Yoga Class Schedule

### October

Time	Class	Teacher
<b>Monday</b>		
9:30 – 10:45 am	Strong Hatha	Aurora
11:30 - 12:30 pm	Gentle Assisted	Patsy
5:30- 6:45 pm	Evening Flow	Celeste
7:00 - 8:00 pm	Strong Flow*	Angelique
<b>Tuesday</b>		
9:00 – 10:00 am	Dynamic Core Flow	April
10:30 - 11:45 am	Hatha	Maribeth
3:30 – 4:30 pm	Gentle	Lisa
5:30 – 6:45 pm	Yin	Lisa
<b>Wednesday</b>		
7:30 – 8:30 am	Get On the Ball	Maribeth
9:30 - 10:45 am	Mindful Hatha	Heidi H
5:30 – 6:30 pm	Hatha*	Nathan
6:45 – 7:45 pm	Evening Flow	Celeste
<b>Thursday</b>		
9:00 – 10:00 am	Hatha All Levels	Flea
10:30 - 11:45 am	Hatha	Maribeth
3:30 – 4:30 pm	Gentle	Maribeth
5:30 – 6:45 pm	Yin	Nathan
7:00 – 8:00 pm	Sunset Flow	Jennifer
<b>Friday</b>		
9:30 – 10:45 am	Strong Hatha*	Dina
11:30 - 12:30 pm	Gentle	Heidi H
3:30 - 4:45 pm	De-stress & Restore	Celeste
<b>Saturday</b>		
9:00 – 10:00 am	Stretch	Aurora
10:30 – 11:30 am	Energetic Flow	Aurora
<b>Sunday</b>		
8:30 – 9:30 am	Stretch	LB
10:30 – 11:30 am	Mindful Hatha*	Celeste

***\*special priced \$11 walk in class***

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