

MONDAYS

- 9:45-11^{AM} Basic Yoga w/Sari
11:30^{AM}-12:45^{PM} Gentle Yoga w/Mary
5:30-6:30^{PM} Core & More w/Kelley
7-8:15^{PM} Pick-up Yoga w/Georgia
↳ donation-based

TUESDAYS

- 8-9:15^{AM} Yin Yoga w/Lisa
9:45-11^{AM} Mixed Level Yoga w/Kelley
1-2:15^{PM} Meditation w/Tilopa
↳ donation-based
6:30-7:45^{PM} Basic Yoga w/
Guided Relaxation w/Sari

WEDNESDAYS

- 8-9^{AM} Flow & Fly w/Megan
6:30-7:45^{PM} Flow & Fly w/Sally

THURSDAYS

- 8:15-9:30^{AM} Yoga+Walk+Weights w/Kelley
(Bring walking shoes)
9:45-11^{AM} Deep Stretch w/Kelley
7-8:15^{PM} Basic Yoga w/Megan

FRIDAYS

- 9:45-11:15^{AM} Yin Yoga w/Lisa

SATURDAYS

- 9-10:15^{AM} Mixed Level Yoga w/Sari

SUNDAYS

- 9-10:15^{AM} Mixed Level Yoga w/Kelley
6:30-7:45^{PM} Restorative Yoga w/Megan

donation-based classes

- ↳ Meditation every Tuesday
↳ Pick-up Yoga every Monday
↳ Yoga Nidra every 2nd Friday 6:30-8^{PM} w/Sari OR Megan
↳ Equality Yoga every last Friday 6:30-7:45^{PM} w/Megan