

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, Shoulders & Hips
w/Kelley

TUESDAYS

- 8-9:15^{AM} Yin Yoga w/Lisa
9:45-11^{AM} Yoga Alignment 101 w/Kelley
1-2:15^{PM} Meditation w/Tilopa
6:30-7:45^{PM} Basic Yoga w/
Guided Relaxation w/Sari

WEDNESDAYS

- 9:45-11^{AM} Mixed Level Yoga w/Georgia
6:30-7:45^{PM} Mixed Level Yoga w/Maria

THURSDAYS

- 8:15-9:30^{AM} Yoga+Walk+Weights w/Kelley
(Bring walking shoes)
9:45-11^{AM} Foundations of Flexibility
w/Kelley
6:30-7:45^{PM} Basic Yoga w/Georgia

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
11-12:15^{PM} Breath-Centered Yoga w/Joey
6:30-7:45^{PM} Restorative Yoga w/ Dawn

donation-based classes

~ Meditation
every Tuesday

~ Yoga Nidra
every 3rd Friday

6:30-8^{PM}
w/Sari OR Mary