

heartworkstudio

yoga · teacher training · barre classes

SUMMER DAILY CLASS SCHEDULE

June 12 - September 10, 2017

SUNDAY

8:45-10:00 am	Slow Flow	Dana
10:30-11:25 am	Barre Tone	Dana
7:00-8:05 pm	Relaxation Yoga ∞	Michelle

MONDAY

8:30-9:45 am	Slow Flow	Alice
12:00-1:00 pm	Slow Flow	Alice
4:15-5:10 pm	Barre Tone	Shawnee
5:30-6:45 pm	Vinyasa	Shawnee

TUESDAY

8:30-9:45 am	Vinyasa	Amy
12:00-1:00 pm	\$7 Vinyasa	Michelle
5:30-6:45 pm	Deep Stretch/Yin ∞	Michelle
7:00-8:00 pm	Beginning Yoga ∞	Mary

WEDNESDAY

6:00-7:00 am	Vinyasa	Deb
8:30-9:30 am	\$7 Slow Flow	Deb
12-12:55 pm	Barre Tone	Amy/Jamie
6:45-8:00 pm	Prenatal ∞	Sarah
7:00-8:15 pm	Deep Stretch/Yin ∞	Michelle

THURSDAY

8:30-9:45 am	Vinyasa	Katie
12-1:00 pm	Deep Stretch/Yin ∞	Katie
4:15-5:10 pm	\$7 Barre Tone	Shawnee
5:30-6:45 pm	Vinyasa	Shawnee

FRIDAY

8:45-10:00 am	Slow Flow	Daisy
8:45-10:00 am	Power Yoga	Amy
10:30-11:20 am	\$7 Chair Yoga	Jenni
12:00-1:00 pm	Slow Flow	Jenni
5:30-6:30 pm	\$7 Vinyasa	Shawnee/Dana

SATURDAY

8:30-9:45 am	Vinyasa	Shawnee
8:45-9:45 am	Beginning Yoga ∞	Michelle
10:00-11:15 am	Slow Flow	Shawnee
10:00-11:00 am	Deep Stretch/Yin ∞	Michelle
11:30-12:25 pm	Barre Tone	Jamie

∞ - class suitable for all fitness levels -

www.heartworkyoga.com