

MONDAY

6:30-7:30am  
Sunrise Flow  
Donna

12:15-1:15pm  
Lunch Recharge  
Carol

1:20-1:30pm  
Meditation  
(By-Donation)

6-7:15pm  
Evening Yoga  
Amelia

7:30-8:45pm  
Yoga for  
Beginners  
Mary K.

TUESDAY

6:30-7:30am  
Sunrise Flow  
Rob

12:15-1:15pm  
Lunch Recharge  
Rhia

1:20-1:30pm  
Meditation  
(By-Donation)

5:15-6:05pm  
50 Min Flow  
Sean

6:15-7:30pm  
Evening Yoga  
Rob

7:45-8:45pm  
Restore &  
Renew  
Christine

WEDNESDAY

6:30-7:30am  
Sunrise Flow  
Jason

12:15-1:15pm  
Lunch Recharge  
Lindsay

1:20-1:30pm  
Meditation  
(By-Donation)

5:10-5:50pm  
Zumba!  
Emily

6-7:15pm  
Evening Yoga  
Stephanie

7:30-8:45pm  
Restore &  
Renew  
Jessica

THURSDAY

6:30-7:30am  
Sunrise Flow  
Jason

12:15-1:15pm  
Lunch Recharge  
Crystal

1:20-1:30pm  
Meditation  
(By-Donation)

5:15-6:05pm  
50 Min Flow  
Rhia

6:15-7:30pm  
Evening Yoga  
Ryan

7:45-8:45pm  
Restore &  
Renew  
Veena

FRIDAY

6:30-7:30am  
Sunrise Flow  
Mary M.

7:45-9:00am  
Morning Flow  
Arnyell

12:15-1:15pm  
Lunch Recharge  
Kaydee

1:20-1:30pm  
Meditation  
(By-Donation)

5:30-6:30pm  
Power Flow  
Sean

SATURDAY

10-11:15am  
Weekend Yoga  
Amelia

11:30-12:45pm  
Prenatal Yoga  
Alexandrea

SUNDAY

9:15-10:15am  
Family Yoga  
Kaydee/ Kiran

10:30-11:45am  
Weekend Yoga  
Stephanie

12-1:00pm  
Yoga for  
Beginners  
Mary K.

4-5pm  
\$8 Community  
Class  
New Teachers

5:30-6:45pm  
Restore &  
Renew  
Arnyell

Schedule printed April 2017  
Please visit us online for most  
up-to-date information.  
[www.yoganoma.com](http://www.yoganoma.com)