

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

6:30-7:30am  
Sunrise Flow  
Donna

6:30-7:30am  
Sunrise Flow  
Rob

6:30-7:30am  
Sunrise Flow  
Tara

6:30-7:30am  
Sunrise Flow  
Tara

6:30-7:30am  
Sunrise Flow  
John Sullivan.

7:45-9:00am  
Morning Flow  
Alisha

10-11:15am  
Weekend Yoga  
Amelia

11:30-12:45pm  
Prenatal Yoga  
Andrea

1-2:30pm  
What to Expect  
for Expecting  
Mamas  
(Third  
Saturdays)  
Jalila

10:30-11:45am  
Weekend Yoga  
Stephanie

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

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

1:15-2:30pm  
Yoga in ASL  
(Second  
Sundays)  
Jamie

12:15-1:15pm  
Lunch Recharge  
Danielle

12:15-1:15pm  
Lunch Recharge  
Rhia

12:15-1:15pm  
Lunch Recharge  
Lindsay

12:15-1:15pm  
Lunch Recharge  
Amelia

12:15-1:15pm  
Lunch Recharge  
Kaydee

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

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

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

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

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

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

5:15-6:05pm  
50 Min Flow  
John Stevenson

6-7:15pm  
Evening Yoga  
Amelia

6:15-7:30pm  
Evening Yoga  
Rob

6-7:15pm  
Evening Yoga  
Stephanie

6:15-7:30pm  
Evening Yoga  
Ryan

6-7pm  
Evening Yoga  
Megan

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

7:45-8:45pm  
SPA Yoga  
Christine

7:30-8:45pm  
Yoga for  
Beginners  
Alisha

7:45-8:45pm  
SPA Yoga  
Lynsay

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

