

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
John Sullivan

10-11:15am
Weekend Yoga
Amelia

10:30-11:45am
Weekend Yoga
Stephanie

11:30-12:45pm
Prenatal Yoga
Andrea

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

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
Jason

12:15-1:15pm
Lunch Recharge
Danielle

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

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

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
John Stevenson

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

6-7pm
Evening Yoga
Megan

4-5pm
Gentle Yoga
Alisha

6-7:15pm
Evening Yoga
Emma

6:15-7:30pm
Evening Yoga
Rob

6-7:15pm
Evening Yoga
Stephanie

6:15-7:30pm
Evening Yoga
Ryan

7:15-8:30pm
Yin Yoga
Isaac

5:30-6:45pm
SPA Yoga
Christine

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

7:45-8:45pm
SPA Yoga
Andrea

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

7:45-8:45pm
SPA Yoga
Lynsay

Schedule printed Jan 2018
Please visit us online for most
up-to-date information.
www.yoganoma.com