



[Weekly Yoga Class Schedule]

Monday

5:45 - 6:45 am/quickFLOW, janet

8:30 - 10:00 am/smartFLOW 2, janet

10:30 - 11:45 am/yin + yang: strength + flexibility, helen anne

6:00 - 7:15 pm/beginning yoga, jana

Tuesday

8:00 - 9:00 am/vinyasa, hollie

9:15 - 10:30 am/all levels yoga + beginner, janet

2:00 - 3:00 pm/gentle yoga, janet

7:00 - 8:15 pm/beginning yoga, hollie

Wednesday

5:45 - 6:45 am/quickFLOW, janet

8:30 - 10:00 am/smartFLOW 1/2, janet

12:00 - 1:15 pm/neck, shoulders, hips, kathleen

6:00 - 7:15 pm/all levels yoga + beginner, hollie

Thursday

8:30 - 10:00 am/vinyasa 2, laura

12:15 - 1:30 pm/yin + yang: strength + flexibility, helen anne

6:00 - 7:15 pm/slow flow, carol

Friday

8:30 - 10:00 am/smartFLOW level 2, janet

10:30 - 11:30 am/all levels yoga + beginner, janet

Saturday

9:00 - 10:15 am/all levels yoga, + beginner, janet

10:30 - 11:45 am/vinyasa 2, hollie

Sunday

10:00 - 11:30 am/vinyasa 2, laura

3:30 - 4:45 pm/all levels yoga + beginner, janet