

yoga schedule summer 2017 (as of jun 1, 2017)



www.thespringsla.com
608 mateo street
los angeles, ca 90021

- ▲ FLOW
- ▲ POWER FLOW
- ▲ FREE MEDITATION
- ▲ RESTORATIVE
- ▲ ASHTANGA FLOW
- ▲ GENTLE
- ▲ BEGINNERS YOGA

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7 AM	7:00-8:00 AM FLOW 1-2 DAWN MOORE	7:00-8:00 AM FLOW 1-2 HANNAH STAHULAK	7:00-8:00 AM FLOW 1-2 TIFFANY ALICE	7:00-8:00 AM FLOW 1-2 BEVERLY O'DONOHUE	7:00-8:00 AM FLOW 1-2 TIFFANY ALICE		
8 AM							
9 AM						9:00-10:00 AM FLOW 1-2 BEVERLY O'DONOHUE	9:00-10:15 AM FLOW 2 SABRINA IDROOS
10 AM	10:00-11:15 AM FLOW 1-2 EMILY CUMMINGS	10:00-11:15AM FLOW 1-2 KENDRA ROULETTE	10:00-11:15 AM FLOW 1-2 EMILY CUMMINGS	10:00-11:15 AM FLOW 1-2 KENDRA ROULETTE	10:00-11:15 AM FLOW 1-2 ELIZABETH FLYNN	10:15-11:55 AM ASHTANGA FLOW CHRIS REED	10:30-11:45 AM POWER FLOW DAWN MOORE
11 AM							
12 PM	12:00-1:00 PM FLOW 2 BEN GETTINGER	12:00-1:00 PM FLOW 1-2 GLORIA BARAQUIO	12:00-1:00 PM FLOW 2 BEN GETTINGER	12:00-1:00 PM FLOW 1-2 GLORIA BARAQUIO	12:00-1:00 PM FLOW 1-2 KRISTIN DEISS	12:00-1:15 PM FLOW 1-2 SABRINA IDROOS	12:00-1:15 PM FLOW 1 ELIZABETH FLYNN
1 PM	1:00-1:30 PM FREE MEDITATION GLORIA BARAQUIO	1:00-1:30 PM FREE MEDITATION GLORIA BARAQUIO	1:00-1:30 PM FREE MEDITATION GLORIA BARAQUIO	1:00-1:30 PM FREE MEDITATION GLORIA BARAQUIO	1:00-1:30 PM FREE MEDITATION GLORIA BARAQUIO		
2 PM							
3 PM							
4 PM							
5 PM							4:30-6:00 PM RESTORATIVE NANE YEGHIKYAN
6 PM	5:30-6:40 PM FLOW 1-2 SAM BARBER	5:30-6:40 PM POWER FLOW CHRIS REED	5:30-6:40 PM POWER FLOW SABRINA IDROOS	5:30-6:40 PM POWER FLOW CHRIS REED	6:00-7:30 PM HAPPY HOUR FLOW FRANKIE MEYERHOFER		
7 PM	6:45-8:00 PM YIN/YANG FLOW NANE YEGHIKYAN	6:45-8:00 M CANDLELIGHT FLOW TEO CHAPELIER	6:45-8:00 PM CANDLELIGHT FLOW PETE HELVEY	7:00-8:00 PM RESTORATIVE SOUND HEALING THALIA AYRES			
8 PM							
9 PM							

drop-in class
\$20

ten class pack
\$135

auto debit (4 mo. min)
\$90/mo

monthly unlimited
\$150/mo

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