

STUDIO 1 – HOT STUDIO

**MONDAY**

9:30 am – 10:45 am – Warm Flow Yoga – Kari  
 Noon - 1:00 pm - Hot Hatha Yoga - Marita  
 4:30 pm – 5:30 pm – Hot Hatha Yoga – Becky  
 5:45 pm – 7:00 pm – Hot Flow Yoga – Becky  
 7:15 pm – 8:15 pm – Hot Yin Yoga – Nadine  
 8:30 pm - 9:30 pm - Warm Hatha Yoga - Barb

**TUESDAY**

8:00 am - 9:00 am - Warm Hatha Yoga - Katherine  
 9:30 am – 10:45 am – Hot Yang/Yin Yoga – Nadine  
 4:30 pm – 5:30 pm – Hot Flow Yoga – Drue  
 5:45 pm – 7:00 pm – Hot Vinyasa Yoga – Kim  
 7:15 pm – 8:15 pm – Warm Hatha Yoga – Marita

**WEDNESDAY**

9:30 am – 10:45 am – Chakra Flow Hot Yoga - Becky  
 Noon - 1:00 pm - Hot Yin Yoga - Diane  
 4:30 pm – 5:30 pm – Hot Hatha Yoga – Marita  
 5:45 pm – 7:00 pm – Hot Flow – Christy  
 7:15 pm – 8:15 pm – Hot Yin Yoga – Mckenzie  
 8:30 – 9:30 pm – Warm Hatha – Diane

**THURSDAY**

8:00 am - 9:00 am - Hot Flow Yoga - Katherine  
 9:30 am – 10:45 am – Warm Hatha – Lisa  
 4:30 pm – 5:30 pm – Hot Hatha Yoga – Bonnie  
 5:45 pm – 7:00 pm – Hot Flow Yoga – Lisa  
 7:15 pm – 8:15 pm – Warm Hatha - Annelise

**FRIDAY**

9:30 am – 10:45 am – Hot Flow Yoga – Becky  
 Noon - 1:00 pm - Hot Yang Yin - Katherine  
 4:30 pm – 5:45 pm – Hot Flow Yoga - Mckenzie  
 6:00 pm -7:00 pm - Now and Zen - Mckenzie

**SATURDAY**

9:30 am – 10:45 am – Warm Hatha Yoga – Kari  
 11:00 am - 12:15 pm - Hot Flow – Lian

**SUNDAY**

9:30 am – 10:45 am – Warm Flow Yoga – Christy  
 11:00 – 12:15 pm – Hot Flow Yoga – Mckenzie  
 12:30 pm - 1:30 pm - Hot Beginner Yoga - Nadine  
 7:00 pm - 8:00 pm - Warm Yin by Candlelight - JoAnne

STUDIO 2 – REGULAR TEMPERATURE STUDIO

**MONDAY**

9:30 am – 10:45 am – Hatha Yoga – Christina  
 4:30 pm – 5:30 pm – Kids Suspension Yoga - Nadine - Registered  
 5:45 pm – 6:45 pm – Suspension Yoga – Nadine  
 7:00 pm – 8:00 pm – Prenatal Yoga - Mckenzie - Registered

**TUESDAY**

9:30 am – 10:45 am – Hatha Yoga – Kari  
 4:30 pm – 5:30 pm – Teen Suspension Yoga – Register – Nadine  
 5:45 pm - 6:45 pm - Beginner Yoga - Nadine - Registered  
 7:00 pm – 8:00 pm – Yoga of The Sutras – Barb  
 8:15 pm - 9:15 pm - Reiki Yoga - Tammy

**WEDNESDAY**

4:30 pm – 5:30 pm – Teen Suspension - Katherine - Registered

**THURSDAY**

9:30 am – 10:45 am – Yang Yin Yoga – Kari  
 1:00 pm - 2:00 pm - Yogabilities - Tammy  
 4:30 pm – 5:30 pm – Kids Suspension - Katherine - Registered  
 5:45 pm – 6:45 pm – Vinyasa Yoga – Katherine  
 7:00 pm -8:00 pm – Gentle Hatha Yoga – Shannon  
 8:15 pm - 9:15 pm - Reiki Yoga - Lisa

**FRIDAY**

9:30 am – 10:45 am – Yang/Yin Yoga – Bonnie  
 4:30 pm - 5:30 pm - Teen Suspension Yoga - Nadine

**SATURDAY**

9:30 am – 10:45 am – Karuna Yoga – Lisa  
 11:00 am - Noon - The Art Of Meditation - Lisa  
 12:15 - 1:15 pm - Kids Suspension Yoga - Nadine - Registered

**SUNDAY**

9:30 am – 10:30 am – Kids Yoga – Registered - Nadine  
 11:00 am – Noon – Restorative Yoga – Katherine  
 12:15 pm – 1:15 pm – Suspension Yoga – Katherine  
 7:00 pm - 8:00 pm - Teen Mindfulness and Meditation - Lisa - Registered