

MONDAY

7:15-8:15 Yoga Blend 1/2 🎵
Cathy Lilly

9:15-10:30 Ishta 1/2
Mona Anand

10:45-11:45 Prenatal
Amy Shachat

12:00-1:15 YW Flow 2
Ann Mosca

3:00-4:15 Gentle Yoga
Elizabeth Neuse

4:30-5:45 Ishta 2
Ann Mosca

6:00-7:15 Vinyasa Flow 2/3 🎵
Ruah Bhay

6:15-7:15 Prenatal*
Tatjana Eres

7:30-8:45 Ishta 1/2
Kelly Eudailey

TUESDAY

8:15-9:15 Gentle Yoga 🎵
Dilshad Keshwani

9:30-10:45 Vinyasa Flow 2 🎵
Lisa Matkin

11:00-12:00 Yoga Blend 1
Mimi Ufberg

12:30-1:30 Yoga Blend 1/2 🎵
Lisa Matkin

4:30-5:45 Vinyasa Flow 2/3
April Puciata

6:00-7:15 Vinyasa Flow 2 🎵
Lisa Zaloga

6:15-7:15 Prenatal*
Sissy St John

7:30-9:00 Yoga Blend 1/2 🎵
Jerry Bianchini

7:45-9:00 Restoratives*
Darcy Bowman

WEDNESDAY

7:15-8:15 Yoga Blend 1/2
Mimi Ufberg

9:15-10:30 Ishta 1/2 🎵
Jackie Peresman

10:45-11:45 Prenatal
Amy Shachat

12:00-1:00 Ishta 2
Charles Matkin

3:00-4:15 Gentle Yoga
Elizabeth Neuse

4:30-5:45 Ishta 2
Ann Mosca

5:00-6:00 Therapeutics
Charles Matkin

6:00-7:15 Vinyasa Flow 2/3 🎵
Ruah Bhay

6:15-7:15 YogaWorks 1*
Kara Sekuler

7:30-8:45 Ishta 1/2
Kelly Eudailey

THURSDAY

8:15-9:15 Gentle Yoga 🎵
Dilshad Keshwani

9:30-10:45 Vinyasa Flow 2 🎵
Lisa Matkin

11:00-12:00 Yoga Blend 1
Mimi Ufberg

12:30-1:30 Yoga Blend 1/2 🎵
Lisa Matkin

4:30-5:45 Vinyasa Flow 2/3
April Puciata

6:00-7:15 Vinyasa Flow 2 🎵
Lisa Zaloga

6:15-7:15 Prenatal*
Sissy St. John

7:30-9:00 Yoga Blend 1/2 🎵
Jerry Bianchini

7:45-9:00 Restoratives*
Jenny Langbehn

FRIDAY

7:15-8:15 Yoga Blend 1/2
Mimi Ufberg

9:15-10:30 Ishta 1/2
Mona Anand

10:45-11:45 Restoratives*
Jocelyn
Casey-Whiteman

12:00-1:15 YW Flow 2
Ann Mosca

3:00-4:15 YogaWorks 1 🎵
Tatjana Eres

4:30-5:45 Ishta 1/2
Donna Boss

6:15-7:15 Prenatal*
Tatjana Eres

6:30-7:45 Yoga Blend 1/2
Kara Sekuler

SATURDAY

8:30-9:45 Ishta 2
Charles Matkin

10:00-11:15 Ishta 1/2
Kara Sekuler

11:45-1:00 Prenatal 🎵
Jackie Persman

1:30-2:45 YogaWorks 1/2 🎵
Tatjana Eres

3:30-4:45 YogaWorks 1
Joceyln
Casey-Whiteman

5:00-6:15 Ishta 2
Kara Sekuler

SUNDAY

8:30-9:45 Yoga Blend 1 🎵
Devon McConnell

10:00-11:30 Vinyasa Flow 2/3
April Puciata

11:45-1:00 Yoga Blend 1/2 🎵
Sissy St. John

1:30-3:00 Vinyasa Flow 2
Colby Borden

3:30-4:45 Ishta 2/3
Ann Mosca

5:00-6:00 YW Slim 🎵
Cathy Lilly

6:15-7:15 Restoratives
Cathy Lilly

LEGEND

* Class size limited, pre-registration required. Call studio for details.

🎵 Music in class