


**MONDAY**

**9:30-10:45 Yoga Blend 2**  
Carol Silverman

**11:00-12:15 Iyengar 1/2**  
Julia Shaida

**12:30-1:45 Ishta 1/2**  
Marianne  
Knizewski-Letizia

**6:00-7:15 Ishta 2**  
Marjorie Rosenfield

**7:30-8:45 Ishta 1/2** \*\*  
Chris Garcia

**TUESDAY**

**9:30-10:45 Yoga Blend 2**  
Erica Halliwell

**11:00-12:15 Gentle Yoga**  
Marianne  
Knizewski-Letizia

**12:30-1:45 Ishta 1/2**   
Jennifer Monness

**5:00-6:15 Yoga Blend 1/2** ★  
Joe Kranz

**6:30-7:45 Ishta 2**  
Freddie Wyndham

**8:00-9:00 YogaBasics**\*\*  
Ani Hadjian

**WEDNESDAY**

**9:30-10:45 Yoga Blend 1/2**  
Carol Silverman


**11:00-12:15 Iyengar 1**  
Julia Shaida


**12:30-1:45 Vinyasa Flow 2**   
Allison Waguespack

**5:45-7:15 Ishta 1/2**  
Carmela DeLuca

**7:30-8:45 Vinyasa Flow 1/2**  
Mary-Ann Mastreani

**THURSDAY**

**9:30-10:45 Vinyasa Flow 2/3**   
Victoria Ramos

**11:00-12:15 Yoga Blend 1/2**   
Jennifer Monness

**12:30-2:00 Ishta 2**  
Freddie Wyndham

**5:00-6:15 Yoga Blend 1/2** ★  
Joe Kranz

**6:30-7:45 Ashtanga Prep 2**  
Ani Hadjian

**8:00-9:00 YogaBasics**\*\*  
Ani Hadjian

**FRIDAY**

**9:30-10:45 Ishta 1**  
Marjorie Rosenfield

**11:00-12:15 Gentle Yoga**  
Patty Wenig

**12:30-1:45 Vinyasa Flow 2**  
Marianne  
Knizewski-Letizia

**6:00-7:15 Ishta 2**  
Freddie Wyndham

**7:30-8:30 Meditation\***  
Freddie Wyndham

**SATURDAY**

**9:00-10:15 Ishta 1/2**  
Marjorie Rosenfield

**10:30-11:45 Ashtanga Prep 2**\*\*  
Ani Hadjian

**12:00-1:30 Ishta 2**  
Freddie Wyndham

**4:30-5:45 Ishta 1**\*\*\*  
Darcy Bowman

**SUNDAY**

**8:45-10:00 Vinyasa Flow 2/3**   
Victoria Ramos


**10:15-11:30 Iyengar 1**  
Joe Cilmi

**11:45-12:55 Ishta 2**  
Elizabeth Cooke

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

**6:00-7:30 Yin Yang 1/2**  
Donna Boss

**LEGEND**

- \* Class is a series, pre-registration required. See front desk for details
- \*\* This class will have a long-term sub, contact studio for details
- \*\*\* This class meets only when Teacher Training is not in session. Check online /in studio for details
-  Music in class
- ★ Teacher is a recent graduate of the YogaWorks 500 – hour Teacher Training