

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	6:15-7:35 <b>Iyengar 1/2</b> Koren Paalman	7:00-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	6:15-7:35 <b>Iyengar 1/2</b> Koren Paalman	7:00-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	7:30-8:55 <b>YogaWorks 1</b> Al Tavera	7:30-8:25 <b>Pranayama** (8/10)</b> Lisa Walford
7:15-8:40 <b>Vinyasa Flow 2/3,♫</b> Calvin Corzine	7:00-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	7:15-8:40 <b>Vinyasa Flow 2/3,♫</b> Calvin Corzine	7:00-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	7:15-8:40 <b>Vinyasa Flow 2/3,♫</b> Calvin Corzine	7:30-8:55 <b>Vinyasa Flow 2/3,♫</b> Caley Alyssa	7:30-9:25 <b>Iyengar 1/2</b> Chris Stein
7:30-8:25 <b>Pranayama** (8/25, 9/8)</b> Lisa Walford	7:40-9:00 <b>YogaWorks 1/2</b> Olivia Barry	7:30-8:25 <b>Pranayama** (5/14, 5/28)</b> Lisa Walford	7:30-8:25 <b>Pranayama** (6/12)</b> Lisa Walford	7:30-8:25 <b>Pranayama** (6/27)</b> Lisa Walford	9:00-10:25 <b>Vinyasa Flow 2,♫</b> Mia Togo	8:00-10:10 <b>Ashtanga/Mysore*</b> Jodi Blumstein
9:00-10:25 <b>Hatha Yoga 1/2</b> Jasmine Lieb	9:00-10:25 <b>YW Flow 2</b> Anne Van Valkenberg	9:00-10:25 <b>Hatha Yoga 1/2</b> Jasmine Lieb	7:40-9:00 <b>YogaWorks 1/2</b> Olivia Barry	9:00-10:25 <b>Hatha Yoga 1/2</b> Jasmine Lieb	9:00-10:35 <b>Iyengar 2/3</b> Paul Cabanis	9:30-10:55 <b>Vinyasa Flow 2/3,♫</b> Calvin Corzine
9:00-10:35 <b>Iyengar 2/3</b> Lisa Walford	9:15-10:40 <b>Iyengar 2</b> Chris Stein	9:00-10:35 <b>Iyengar 2/3</b> Lisa Walford	9:00-10:25 <b>YW Flow 2</b> Anne Van Valkenberg	9:00-10:35 <b>Iyengar 3</b> Lisa Walford	10:30-11:55 <b>YogaWorks 1/2</b> Heather Seiniger	10:15-11:40 <b>YW Flow 2,♫</b> Rachael Simmons
10:45-12:10 <b>Vinyasa Flow 2/3</b> Jesse Schein	10:45-12:10 <b>YogaWorks 1/2</b> Al Tavera	10:45-12:10 <b>Vinyasa Flow 2/3,♫</b> Sara Ivanhoe	9:15-10:40 <b>Iyengar 2</b> Chris Stein	10:45-12:10 <b>Vinyasa Flow 2/3,♫</b> Sara Ivanhoe	10:45-12:10 <b>Vinyasa Flow 2/3</b> Jesse Schein	11:00-12:25 <b>YogaWorks 1/2</b> Charlie Samos
10:45-12:10 <b>YogaWorks 1/2</b> Birgitte Kristen	10:45-12:10 <b>Vinyasa Flow 2/3</b> Jesse Schein	10:45-12:10 <b>YogaWorks 1/2</b> Birgitte Kristen	10:45-12:10 <b>YogaWorks 1/2</b> Al Tavera	10:45-12:10 <b>YogaWorks 1/2</b> Birgitte Kristen	12:15-1:25 <b>Prenatal Flow,♫</b> Patti Quintero	12:30-1:55 <b>Vinyasa Flow 2/3,♫</b> Krista Cahill
12:30-1:55 <b>YW Flow 2</b> Heather Seiniger	12:30-1:40 <b>YW Flow 2,♫</b> Carolina Goldberg	12:30-1:55 <b>YW Flow 2</b> Heather Seiniger	10:45-12:10 <b>Vinyasa Flow 2/3</b> Jesse Schein	12:30-1:55 <b>YW Flow 2</b> Heather Seiniger	12:30-1:55 <b>YW Flow 2,♫</b> Carolina Goldberg	2:15-3:40 <b>YogaWorks 1</b> John Gaydos
12:30-1:55 <b>Prenatal 1/2</b> Mollie Johnson	1:15-2:40 <b>Therapeutics</b> Jasmine Lieb	12:30-1:55 <b>Prenatal 1</b> Alexandra Lauterio	12:30-1:40 <b>YW Flow 2,♫</b> Carolina Goldberg	2:30-3:55 <b>YogaWorks 1</b> John Gaydos	2:10-3:30 <b>Iyengar 1/2</b> Marla Apt	4:00-5:25 <b>YW Flow 2</b> Heather Seiniger
2:30-3:55 <b>YogaWorks 1</b> John Gaydos	2:15-3:25 <b>Gentle Yoga***</b> John Gaydos	2:15-3:25 <b>Baby &amp; Me (6 wks-2 yrs)</b> Raisa Lilling	1:15-2:40 <b>Therapeutics</b> Jasmine Lieb	4:00-5:55 <b>Ashtanga/Mysore*</b> Nina Collins	4:00-5:25 <b>YogaWorks 1/2</b> Romy Phillips	5:30-6:55 <b>Iyengar 1/2</b> Marla Apt
4:00-5:55 <b>Ashtanga/Mysore*</b> Nina Collins	4:00-5:55 <b>Ashtanga/Mysore*</b> Nina Collins	2:30-3:55 <b>YogaWorks 1</b> John Gaydos	2:15-3:25 <b>Gentle Yoga***</b> John Gaydos	4:15-5:40 <b>YW Flow 2</b> Gigi Snyder		5:30-7:30 <b>Hatha Yoga 1/2,♫***</b> Kia Miller
4:15-5:40 <b>Vinyasa Flow 2/3,♫</b> Alexandria Crow	4:20-5:45 <b>Vinyasa Flow 3,♫</b> Brock Cahill	4:00-5:55 <b>Ashtanga/Mysore*</b> Nina Collins	4:00-5:55 <b>Ashtanga/Mysore*</b> Nina Collins	6:00-7:25 <b>Iyengar 1/2</b> Chris Stein	7:00-8:25 <b>Restoratives</b> Chris Stein	
6:00-7:25 <b>Iyengar 1/2</b> Chris Stein	6:00-7:25 <b>Vinyasa Flow 2/3</b> Chad Hamrin	4:15-5:40 <b>Vinyasa Flow 2/3,♫</b> Alexandria Crow	4:20-5:45 <b>Vinyasa Flow 3,♫</b> Brock Cahill			
6:10-7:20 <b>Vinyasa Flow 2/3,♫</b> Sara Ivanhoe	6:10-7:20 <b>YW Flow 2</b> Birgitte Kristen	6:00-7:25 <b>Iyengar 1/2</b> Chris Stein	6:00-7:25 <b>Vinyasa Flow 2/3</b> Chad Hamrin			
7:30-8:55 <b>Vinyasa Flow 2</b> Deborah Blossom	7:30-8:55 <b>Vinyasa Flow 2/3,♫</b> Gigi Snyder	6:10-7:20 <b>Vinyasa Flow 2/3,♫</b> Sara Ivanhoe	6:10-7:25 <b>YW Flow 2</b> Birgitte Kristen			
7:30-8:55 <b>YogaWorks 1</b> John Gaydos	7:30-8:55 <b>Iyengar 1</b> Scott Hobbs	7:30-8:55 <b>Vinyasa Flow 2</b> Deborah Blossom	7:30-8:55 <b>Vinyasa Flow 2/3,♫</b> Gigi Snyder			
		7:30-8:55 <b>YogaWorks 1</b> John Gaydos	7:30-8:55 <b>Iyengar 1</b> Scott Hobbs			

**LEGEND**

- \* Ashtanga/Mysore classes do not meet on new and full moon days: 5/14, 5/28, 6/12, 6/27, 8/10, 8/25, 9/8
- \*\* Pranayama classes meet on moon days.
- \*\*\* Class open to the community for a \$10 fee.
- ♫ Led by music