

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	6:15-7:35 <b>Iyengar 1/2</b> Tulsi Laher	6:30-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	6:15-7:35 <b>Iyengar 1/2</b> Tulsi Laher	6:30-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	7:30-8:55 <b>YogaWorks 1</b> Al Tavera	7:30-8:30 <b>Pranayama** (1/22)</b> Lisa Walford
7:15-8:45 <b>Vinyasa Flow 2/3</b> Kathryn Budig	6:30-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	7:15-8:35 <b>Vinyasa Flow 2/3</b> Kathryn Budig	6:30-8:55 <b>Ashtanga/Mysore*</b> Maria Villella	7:15-8:45 <b>Vinyasa Flow 2/3</b> ♫ Caleb Asch	7:30-8:55 <b>YW Flow 2/3</b> Sonya Cottle	7:30-9:25 <b>Iyengar 1/2</b> Chris Stein
9:00-10:30 <b>Yoga Blend 1/2</b> Jasmine Lieb	7:30-8:30 <b>Pranayama** (2/7)</b> Lisa Walford	9:00-10:30 <b>Yoga Blend 1/2</b> Jasmine Lieb	7:30-8:30 <b>Pranayama** (3/22)</b> Lisa Walford	7:30-8:30 <b>Pranayama** (4/6)</b> Lisa Walford	9:00-10:25 <b>Vinyasa Flow 2</b> ♫ Mia Togo	8:00-10:10 <b>Ashtanga/Mysore*</b> Jodi Blumstein
9:00-10:35 <b>Iyengar 2/3</b> Lisa Walford	7:40-9:00 <b>YogaWorks 1/2</b> Olivia Barry	9:00-10:35 <b>Iyengar 2/3</b> Lisa Walford	7:40-9:00 <b>YogaWorks 1/2</b> Olivia Barry	9:00-10:30 <b>Yoga Blend 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> Kathryn Budig
10:45-12:10 <b>YogaWorks 1/2</b> Birgitte Kristen	9:00-10:25 <b>YW Flow 2</b> Malachi Melville	10:45-12:10 <b>YogaWorks 1/2</b> Birgitte Kristen	9:00-10:25 <b>YW Flow 2</b> Malachi Melville	9:15-10:40 <b>Iyengar 3</b> Marla Apt	10:30-11:55 <b>YogaWorks 1/2</b> Heather Seiniger	10:15-11:45 <b>YW Flow 2</b> ♫ Rachael Simmons
10:45-12:10 <b>Vinyasa Flow 2/3</b> Jesse Schein	9:15-10:40 <b>Iyengar 2</b> Chris Stein	10:45-12:10 <b>Vinyasa Flow 2/3</b> ♫ Kia Miller	9:15-10:40 <b>Iyengar 2</b> Chris Stein	10:45-12:10 <b>YogaWorks 1/2</b> Birgitte Kristen	10:45-12:10 <b>Vinyasa Flow 2/3</b> Jesse Schein	11:00-12:25 <b>YogaWorks 1/2</b> Julie Jacobs
12:30-2:00 <b>Prenatal</b> Mollie Johnson	10:45-12:10 <b>YogaWorks 1/2</b> Al Tavera	12:30-2:00 <b>Prenatal</b> Alexandra Lauterio	10:45-12:10 <b>YogaWorks 1/2</b> Al Tavera	10:45-12:10 <b>Vinyasa Flow 2/3</b> ♫ Kia Miller	12:15-1:30 <b>Prenatal</b> ♫ Patti Quintero	12:30-2:00 <b>Vinyasa Flow 2/3</b> ♫ Carolina Goldberg
12:45-1:55 <b>YW Flow 2</b> Heather Seiniger	10:45-12:15 <b>Vinyasa Flow 2/3</b> Jesse Schein	12:45-1:55 <b>YW Flow 2</b> Heather Seiniger	10:45-12:15 <b>Vinyasa Flow 2/3</b> Jesse Schein	12:45-1:55 <b>YW Flow 2</b> Heather Seiniger	12:30-1:55 <b>Vinyasa Flow 2</b> ♫ Carolina Goldberg	2:15-3:45 <b>YogaWorks 1</b> John Gaydos
2:30-4:00 <b>YogaWorks 1</b> John Gaydos	12:30-1:30 <b>Vinyasa Flow 2</b> ♫ Carolina Goldberg	2:15-3:25 <b>Baby &amp; Me (6wks-2yrs)</b> Raisa Lilling	12:30-1:30 <b>Vinyasa Flow 2</b> ♫ Carolina Goldberg	2:30-4:00 <b>YogaWorks 1</b> John Gaydos	2:00-3:30 <b>Iyengar 1/2</b> Marla Apt	4:00-5:20 <b>YW Flow 2</b> Heather Seiniger
4:00-5:55 <b>Ashtanga/Mysore*</b> Sonya Cottle	1:00-2:25 <b>Therapeutics</b> Jasmine Lieb	2:30-4:00 <b>YogaWorks 1</b> John Gaydos	1:00-2:25 <b>Therapeutics</b> Jasmine Lieb	4:00-5:55 <b>Ashtanga/Mysore*</b> Sonya Cottle	4:00-5:25 <b>Yoga Blend 1</b> Romy Phillips	5:30-6:55 <b>Iyengar 1/2</b> Marla Apt
4:15-5:40 <b>Vinyasa Flow 2</b> ♫ Mia Togo	2:15-3:30 <b>Seniors/Community 1</b> John Gaydos	4:00-5:55 <b>Ashtanga/Mysore*</b> Sonya Cottle	2:15-3:30 <b>Seniors/Community 1</b> John Gaydos	4:15-5:40 <b>YW Flow 2</b> Gigi Snyder	5:30-7:00 <b>YogaWorks 1/2</b> ♫ Emily Maupin	5:30-7:30 <b>Community 1/2 w/ Meditation</b> ♫ Kia Miller
5:45-7:10 <b>Iyengar 1/2</b> Chris Stein	3:30-4:25 <b>Yoga for Kids (3-11 years)</b> Greville Henwood	4:15-5:40 <b>Vinyasa Flow 2</b> ♫ Mia Togo	3:30-4:25 <b>Yoga for Kids (3-11 years)</b> Greville Henwood	6:00-7:25 <b>Iyengar 1/2</b> Chris Stein	7:00-8:30 <b>Restoratives/Iyengar</b> Marla Apt	
6:00-7:25 <b>Vinyasa Flow 2/3</b> ♫ Sara Ivanhoe	4:00-5:55 <b>Ashtanga/Mysore*</b> Sonya Cottle	5:45-7:10 <b>Iyengar 1/2</b> Chris Stein	4:00-5:55 <b>Ashtanga/Mysore*</b> Sonya Cottle	6:00-7:25 <b>Vinyasa Flow 2/3</b> ♫ John Neidlinger		
7:15-8:40 <b>YW Flow 2</b> Malachi Melville	4:30-5:55 <b>YW Flow 2</b> Birgitte Kristen	6:00-7:25 <b>Vinyasa Flow 2/3</b> ♫ Sara Ivanhoe	4:30-5:55 <b>YW Flow 2</b> Birgitte Kristen	7:30-9:00 <b>Restoratives/Iyengar</b> Chris Stein		
7:30-9:00 <b>YogaWorks 1</b> John Gaydos	6:00-7:25 <b>Vinyasa Flow 2/3</b> Chad Hamrin	7:15-8:40 <b>YW Flow 2</b> Malachi Melville	6:00-7:25 <b>Vinyasa Flow 2/3</b> Chad Hamrin			
	6:15-7:25 <b>YW Flow 2</b> Julie Kleinman Wood/ Sara Ezrin***	7:30-9:00 <b>YogaWorks 1</b> John Gaydos	6:15-7:25 <b>YW Flow 2</b> Julie Kleinman Wood/ Sara Ezrin***			
	7:30-9:00 <b>Vinyasa Flow 2/3</b> Alexandria Crow		7:30-9:00 <b>Vinyasa Flow 2/3</b> Alexandria Crow			
	7:30-9:00 <b>Iyengar 1</b> Scott Hobbs		7:30-9:00 <b>Iyengar 1</b> Scott Hobbs			

**LEGEND**

- \* Ashtanga/Mysore classes do not meet on moon days including: (1/22, 2/7, 2/21, 3/8, 3/22, 4/6, 4/21, 5/5)
- \*\* Pranayama classes meet on moon days
- \*\*\* This class has a long-term sub. See front desk for exact dates.
- ♫ Music