

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:45-8:30 <b>Yoga Blend 1/2</b> ♪ Carrie Kostiner	9:30-10:45 <b>Iyengar 1</b> Jacqueline Gerson	7:45-8:30 <b>Yoga Blend 1/2</b> ♪ Carrie Kostiner	9:30-10:45 <b>Iyengar 1</b> Jacqueline Gerson	9:30-10:45 <b>Anusara Inspired 1</b> ♪ Sam Greenlief	8:00-9:15 <b>Yoga Blend 1/2</b> ♪ Lindsey Friedrich ★	8:00-10:00 <b>Ashtanga/ Mysore 2/3*</b> Lea Watkins
9:15-10:30 <b>Iyengar 1/2</b> Karen Kukula	9:30-10:55 <b>YogaWorks 2</b> ♪ Hillary Skibell	9:15-10:30 <b>Iyengar 1/2</b> Karen Kukula	9:30-10:55 <b>YogaWorks 2</b> ♪ Hillary Skibell	9:30-11:00 <b>YW Flow 2/3</b> Nikki Estrada	9:00-10:15 <b>Yoga Blend 1</b> ♪ Karyn Holland	8:30-10:00 <b>Anusara 2/3</b> Ulrika Engman
<b>Anusara Inspired 1</b> ♪ Sam Greenlief	9:30-11:00 <b>Vinyasa Flow 2/3</b> ♪ James Higgins	<b>Anusara Inspired 1</b> ♪ Sam Greenlief	9:30-11:00 <b>Vinyasa Flow 2/3</b> ♪ James Higgins	11:15-12:25 <b>Anusara Inspired 2</b> ♪ Michelle Klink	9:00-10:15 <b>Iyengar 2</b> Jacqueline Gerson	9:30-10:45 <b>Yoga Blend 1</b> ♪ Karyn Holland
9:30-11:00 <b>YW Flow 2/3</b> Nikki Estrada	11:15-12:40 <b>Yoga Blend 1/2</b> ♪ Christy Brown	9:30-11:00 <b>YW Flow 2/3</b> Nikki Estrada	11:15-12:40 <b>Yoga Blend 1/2</b> ♪ Christy Brown	11:15-12:45 <b>Vinyasa Flow 2/3</b> ♪ Peggy Orr	9:30-10:55 <b>Vinyasa Flow 2/3</b> ♪ Lisa Maria	10:15-11:30 <b>Anusara 1/2</b> Ulrika Engman
11:15-12:45 <b>Vinyasa Flow 2/3</b> ♪ James Higgins	11:15-12:45 <b>Prenatal</b> ♪ Janna Barkin	11:15-12:25 <b>Anusara Inspired 2</b> ♪ Michele Klink	12:45-2:00 <b>Yoga Blend 2</b> ♪ Nubia Teixeira	12:30-1:45 <b>Anusara Inspired 1/2</b> ♪ Janna Barkin	10:30-11:55 <b>YogaWorks 1/2</b> ♪ Hillary Skibell	10:15-11:45 <b>Vinyasa Flow 2</b> ♪ Peggy Orr
<b>Anusara Inspired 1/2</b> ♪ Janna Barkin	<b>Contemporary Pilates Mat 2</b> Elizabeth Larkam	11:15-12:45 <b>Vinyasa Flow 2/3</b> ♪ Peggy Orr	4:30-5:45 <b>Yoga Blend 1/2</b> ♪ Dave Larot	4:30-5:45 <b>Vinyasa Flow 2</b> ♪ Diana Estey	10:30-11:55 <b>Vinyasa Flow 2/3</b> ♪ Karyn Holland	11:00-12:00 <b>Yoga Blend 1</b> Heidi Segedin
<b>Anusara Inspired 1/2</b> ♪ Sam Greenlief	12:45-2:00 <b>Yoga Blend 2</b> ♪ Nubia Teixeira	12:30-1:45 <b>Anusara Inspired 1/2</b> ♪ Janna Barkin	4:45-5:55 <b>Vinyasa Flow 2/3</b> ♪ Lisa Maria	6:30-8:00 <b>Restoratives</b> ♪ Mirabai Warkulwiz	4:30-6:00 <b>Yoga Blend 1/2</b> ♪ Dave Larot	12:00-1:30 <b>Vinyasa Flow 2/3</b> ♪ Peggy Orr
4:45-6:00 <b>YW Flow 2/3</b> ♪ Hilary Skibell	4:30-5:45 <b>Yoga Blend 1/2</b> ♪ Dave Larot	<b>Anusara Inspired 1/2</b> ♪ Sam Greenlief	6:00-7:25 <b>Yin Yoga 1/2</b> ♪ Diana Estey			12:15-1:15 <b>Fundamentals of Yoga**</b> Heidi Segedin
<b>Anusara Inspired 1</b> ♪ Sam Greenlief	4:45-5:55 <b>Vinyasa Flow 2/3</b> ♪ Lisa Maria	4:45-6:00 <b>YW Flow 2/3</b> ♪ Hilary Skibell	6:00-7:25 <b>Yoga Blend 1</b> ♪ Michele Klink			4:30-5:45 <b>Yoga Blend 1</b> Suzanne Drolet
6:00-7:25 <b>Iyengar 2</b> Jacqueline Gerson	6:00-7:25 <b>Yin Yoga 1/2</b> ♪ Diana Estey	6:00-7:15 <b>Anusara Inspired 1</b> ♪ Sam Greenlief	7:45-8:55 <b>Yoga Blend 1/2</b> Jonathan Pofsky			4:30-5:55 <b>Yoga Blend 2/3</b> Stefanie Renard
6:15-7:30 <b>Vinyasa Flow 2/3</b> ♪ Nubia Teixeira	6:00-7:25 <b>Yoga Blend 1</b> ♪ Michele Klink	6:00-7:25 <b>Iyengar 2</b> Jacqueline Gerson				6:00-7:15 <b>Vinyasa Flow 2</b> ♪ Diana Estey
7:30-8:30 <b>Yoga Blend 1</b> Heidi Segedin	7:45-8:55 <b>Yoga Blend 1/2</b> Jonathan Pofsky	6:15-7:30 <b>Vinyasa Flow 2/3</b> ♪ Nubia Teixeira				
7:45-9:00 <b>Candle Flow 2</b> ♪ Mirabai Warkulwiz		7:30-8:30 <b>Yoga Blend 1</b> Heidi Segedin				
		<b>Fundamentals of Yoga**</b> Sam Greenlief				
		7:45-9:00 <b>Candle Flow 2</b> ♪ Mirabai Warkulwiz				

**LEGEND**

\* Ashtanga/Mysore classes do not meet on moon days including: (1/9, 1/23, 2/7, 2/21, 3/8, 3/22, 4/6, 4/21, 5/6)

\*\* Class takes place 2 Wednesdays and 2 Sundays each month. Check with studio for specific dates. Free to first-time students! Pre-registration recommended.

♪ Music

★ Class is taught by a 500-hour Teacher Training Graduate