



# Fall 2018

Beginning September 4th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:15 – 9:30 AM <b>Vinyasa Flow</b> MARTHA	
9:00 – 10:15 AM <b>Vinyasa Flow</b> SYLVIE	9:30 – 10:45 AM <b>Yoga Prehab</b> MARLA	9:00 – 10:15 AM <b>Vinyasa Flow</b> MARTHA	9:30 – 10:45 AM <b>Hatha</b> NANCY	9:00 – 10:15 AM <b>Vinyasa Flow</b> SYLVIE	10:00 – 11:15 AM <b>Gentle Hatha</b> MARTHA	9:00 – 10:15 AM <b>Yin Yoga</b> SUE
10:30 – 11:45AM <b>Restore &amp; Align</b> MICHAEL		10:30– 11:45 AM <b>Yoga on the Ball</b> MICHAEL		10:30 – 11:45AM <b>Restore &amp; Align</b> MICHAEL	11:30 AM – 12:45 <b>Qigong</b> MICHAEL	10:30 – 11:45 AM <b>Hatha Flow</b> VAL
12:00 – 1:00 PM <b>Hatha Flow</b> LAUREN	12:00 – 1:00 PM <b>Slow Flow &amp; Yin</b> MARLA	12:00 – 1:00 PM <b>Body Rolling</b> MICHAEL	12:00 – 1:00 PM <b>Gentle Hatha</b> TRICIA	12:00 – 1:00 PM <b>TGIF</b> VAL	1:00 – 2:15PM <b>Yoga at the Wall</b> MICHAEL	
5:45 – 7:00 PM <b>Hatha Flow</b> TRISH	5:45 – 7:00 PM <b>Yoga for Strength</b> VAL	5:45 – 7:00 PM <b>Gentle Hatha</b> MARLA	5:45 – 7:00 PM <b>Yin &amp; Meditation</b> MARLA	5:45 – 7:00 PM <b>Classical Hatha</b> SUDESH		
7:15 – 8:30 PM <b>Restore &amp; Align</b> MICHAEL	7:15 – 8:30 PM <b>Restorative Yoga</b> LINDA	7:15 – 8:30 PM <b>Yin Yoga</b> MARLA	7:15 – 8:30 PM <b>Yoga at the Wall</b> MICHAEL			

\*Schedule may be altered for holiday weekends

\*\*View real time changes, notifications, cancellations or substitute teachers on the website or the EMY app