



SPRING 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					8:15 – 9:30 AM Vinyasa Flow MARTHA	
9:00 – 10:15 AM Vinyasa Flow SYLVIE	9:30 – 10:45 AM Yoga Prehab MARLA	9:00 – 10:15 AM Vinyasa Flow MARTHA	9:30 – 10:45 AM Hatha NANCY	9:00 – 10:15 AM Vinyasa Flow SYLVIE	10:00 – 11:15 AM Gentle Hatha MARTHA	9:00 – 10:15 AM Yin Yoga SUE
10:30 – 11:45AM Restore & Align MICHAEL		10:30– 11:45 AM Yoga on the Ball MICHAEL		10:30 – 11:45AM Restore & Align MICHAEL	11:30 AM – 12:45 Qigong MICHAEL	10:30 – 11:45 AM Hatha Flow VAL
12:00 – 1:00 PM Hatha Flow LAUREN	12:00 – 1:00 PM Yin Yoga MARLA	12:00 – 1:00 PM Body Rolling MICHAEL	12:00 – 1:00 PM Gentle Hatha TRICIA	12:00 – 1:00 PM TGIF VAL	1:00 – 2:15PM Restore & Align MICHAEL	
5:45 – 7:00 PM Hatha Flow TRISH	5:45 – 7:00 PM Hatha VAL	5:45 – 7:00 PM Gentle Hatha MARLA	5:45 – 7:00 PM Yin & Meditation MARLA			4:00 – 5:30 PM Restorative Yoga LINDA
7:15 – 8:30 PM Restore & Align MICHAEL	7:15 – 8:30 PM Restorative Yoga LINDA	7:15 – 8:30 PM Yin Yoga MARLA	7:15 – 8:30 PM Yoga at the Wall MICHAEL			

**Schedule may be altered for holiday weekends*

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