



Fall 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 – 10:15 AM Vinyasa Flow SYLVIE	9:30 – 10:45 AM Functional Yoga MARLA	9:30 – 10:45 AM Vinyasa Flow MARTHA	9:30 – 10:45 AM Hatha BARB	9:00 – 10:15 AM Vinyasa Flow SYLVIE	8:15 – 9:30 AM Vinyasa Flow GISELE	9:00 – 10:15 AM Yin Yoga SUE
10:30 – 11:45AM Restore & Align MICHAEL				10:30 – 11:45AM Restore & Align MICHAEL	10:00 – 11:15 AM Gentle Hatha MARTHA	10:30 – 11:45 AM Hatha Flow VAL
12:00 – 1:00 PM Hatha TRICIA	12:00 – 1:00 PM Yoga Unwind MARLA	12:00 – 1:00 PM Body Rolling MICHAEL	12:00 – 1:00 PM Hatha Flow BARB	12:00 – 1:00 PM TGIF VAL	11:30 AM – 12:45 Qigong MICHAEL	
			3:00 – 4:15 PM Yoga Unwind MARLA			
5:45 – 7:00 PM Gentle Hatha SUE	5:45 – 7:00 PM Hatha Flow VAL <i>*KARMA CLASS pay-what-you-can</i>	5:45 – 7:00 PM Yoga Unwind 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			

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