



VIRTUAL SCHEDULE

Winter 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 – 8:00 AM Sunrise Yoga VALERIE		6:30 – 8:00 AM Sunrise Yoga VALERIE		7:00 – 8:00 AM Slow Flow & Yin SUE		
9:00 – 10:00 AM Simply Stretch MARLA	9:00 – 10:00 AM Simply Yoga MARLA	9:00 – 10:00 AM Gentle Therapeutic DEIRDRE	9:00 – 10:00 AM Simply Yoga MARLA	9:00 – 10:00 AM Friday Morning Flow DEIRDRE	8:00 – 9:00 AM Simply Yoga MARLA	8:00 – 9:00 AM Yin Yoga SUE
4:00 – 5:00 PM Yin Yoga MARLA			4:00 – 5:00 PM Yin & Meditation LESLIE			
		5:30 – 6:30 PM Yoga Core Integration KATHRYN		6:00 – 7:00 PM Sunset Yin LISA		
	7:00 – 8:15 PM Restorative Yoga LINDA					7:00 – 8:15 PM Restorative Yoga LINDA

**Schedule may be altered for holiday weekends*

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

**Scheduled classes are live streaming video where possible*

**Pre-recorded class links will be provided in the instance of instructor unavailability*

**There will be occasions when virtual technology becomes unreliable... please know that we will always do our best!*