

NEW SUMMER YOGA CLASS SCHEDULE

June, July + August 2018

MONDAY

8:30 am-9:30 am ~ Vinyasa Flow w/Becca
10:30 am-12:00 pm ~ Golden Fusion Yoga w/Maret
5:30 pm-6:45pm ~ Vinyasa Flow w/Erin

TUESDAY

9:30-10:30 am ~ Sweet Flow w/Kari
11:00 am-12:30 pm ~ Internal Alignment w/Jane
6:00 ~ Special Summer Workshops, see website under
"Workshops" tab and check our Facebook page!

WEDNESDAY

9:00 am-10:00 am ~ Vinyasa Flow w/Kari
10:30 am-12:00 pm ~ Golden Yoga w/Kari
12:30 pm-1:30 pm ~ Sweet Flow w/Kari

THURSDAY

8:30 am-9:30 am ~ Vinyasa Flow w/Tara
10:00 am-11:00 am ~ Mindful Yoga w/Tara
12:00 pm-1:00 pm ~ Yin/Restorative w/Erin
5:30 pm-6:30 pm ~ \$5 Community Yoga w/Erin

FRIDAY

8:30 am-9:30 am ~ Vinyasa Flow w/Kari
10:00 am -11:30 am ~ Mindful Yoga w/Akiko
12:00 pm-1:00 pm ~Restorative/Yin w/Akiko

SATURDAY

9:00 am-10:15 am ~ Sweet Flow w/Staff
Saturday Workshops ~ Check Online for Details

SUNDAY

10:30 am-12:00 pm ~ Tight Cowboys w/Kari
4:30 pm-5:45 pm ~ Restorative/Yin w/Carly
6:00 pm-7:15 pm ~ Group Meditation
by Donation w/Dawn Song