



Lucky Elephant Yoga and Wellness



Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
9:15 -10:30 am Classic Flow All Levels Erina	5:45-7:00 am Sunrise Yoga ** All Levels Jenna	8:00-8:30 am Meditation ** Lotus Room Bridget	5:45 - 7:00 am Sunrise Yoga ** All Levels Jenna	9:15-10:30 am Classic Flow All Levels Liz	9:00-10:30 am Classic Flow Level 2 Bill	9:00-10:15 am Classic Flow All Levels Bridget
11:00 am -12.15 pm Adaptive/Chair Yoga ** Lisa K	9:30-10:30 am Classic Flow Level 2 Theresa	9:15-10:30 am Classic Flow All Levels Bridget	9:30 -10:45am Int/Adv Flow Level 2/3 Bridget	11:00 am-12:15 pm Adaptive/Chair Yoga ** Roseanne	11:00 am-12:15pm Community Class (donation) Classic Flow All Levels	10:30-11:30 am Gentle/Prenatal ** Bridget
4:30-5:45 pm Classic Flow All Levels Bridget	11:00 am-12:00pm Gentle Yoga Judy	12:15-1:15 pm Hatha Yoga All Levels Donna	11:00 am-12:00 pm Gentle Yoga Bridget	11:15-11:45 am Meditation Lotus Room Bridget		11:45 am-1:00 pm Int/Adv Flow Level 2/3 Katie
6:00-7:15pm Classic Flow All Levels Donna	4:30-5:45 pm Classic Flow All Levels Liz	4:30-5:45 pm Classic Flow All Levels Theresa	12:15-1:15 pm Zumba Cynthia	12:30-1:30 pm Midday Flow All Levels Bridget		5:30-6:30 pm Classic Flow All Levels
6:15-6:45 pm Meditation ** Lotus Room Bridget	6:00-7:00 pm Deep Stretch Valerie	6:30-8:00 pm Kundalini Yoga All Levels Angela	4:30-5:45 pm Classic Flow All Levels Bridget	4:30-5:45 pm Classic Flow All Levels Bridget M		
7:30-9:00 pm Kundalini Yoga All Levels Angela			6:00-7:15 pm Gentle/Restorative Marla			
			7:30-8:30 pm CORE Flow Wendy			

**** Special Rates: ****

\$5 Drop In - Meditation \$10 Drop In - Chair Yoga and Adaptive Yoga \$13 Drop In - Sunrise Yoga \$10 Drop in Gentle/Prenatal (Sunday class)

For more information about classes and workshops, visit www.luckyelephantyogaandwellness.com