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<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 Jodi	9:00-10:30 am Classic Flow Level 2 Bill R	9:00-10:15 am Classic Flow All Levels Bridget
11:00 am -12.15 pm 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 Chair Yoga ** Bracha	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 Beginner Yoga Judy	12:15-1:15 pm Stretch and Flow Donna L	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 L	4:30-5:45 pm Classic Flow All Levels Marc	4:30-5:45 pm Classic Flow All Levels Theresa	4:30-5:45 pm Yin/Yasa Yoga All Levels Bridget	12:30-1:30 pm Midday Flow All Levels Bridget		5:30-6:30 pm Classic Flow All Levels Billy L
6:15-6:45 pm Meditation ** Lotus Room Bridget	6:00-7:00 pm Stretch and Flow Valerie	6:30-8:00 pm Kundalini Yoga All Levels Angela	6:00-7:15 pm Gentle/Restorative Marla	5:00-6:15 pm Classic Flow All Levels Liz		
7:30-9:00 pm Kundalini Yoga All Levels Angela	7:15-8:30 pm Community Class (donation) Classic Flow All Levels Donna H		7:30-8:30 pm CORE Flow Wendy			

**\*\* Special Rates: \*\***

**\$5 Drop In - Meditation**

**\$10 Drop In - Chair Yoga**

**\$13 Drop In - Sunrise Yoga**

**\$10 Drop in Gentle/Prenatal (Sunday class)**