SunSpark Yoga

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Weekly Class Schedule

Monday	Class	Instructor	Class Level
8:00 AM - 9:15 AM	Hatha Flow - All Levels	Philip Sadler	Active
9:30 AM - 10:45 AM	Therapeutic Inspired Gentle Yoga	Melissa Adylia Calasanz	Gentle
12:15 PM - 1:15 PM	Pilates Fusion	Renee Schwan	Active
4:15 PM - 5:30 PM	Meditative Flow	Heather Westenhofer	Active
5:45 PM - 7:00 PM	Ashtanga Flow	Sarah Mitchell	Active
7:15 PM - 8:30 PM	Restorative Yoga & Sound Meditation	Renee Schwan	Gentle
Tuesday	**Class**	**Instructor**	**Class Level**
6:00 AM - 7:15 AM	Sunrise Flow - All Levels	Renee Schwan	Active
8:00 AM - 9:00 AM	Gentle Yoga Stretch	Renee Schwan	Gentle
9:15 AM - 10:30 AM	Hatha Flow - All Levels	Brian Shaheen	Active
5:45 PM - 7:00 PM	Yin/Restorative Yoga	Regi Masiello	Gentle
7:15 PM - 8:30 PM	Hatha Flow - All Levels	Stacey Schuerman	Active
8:45 PM - 10:00 PM	Flow & Restore - All Levels	Melissa Adylia Calasanz	Active
Wednesday	**Class**	**Instructor**	**Class Level**
6:00 AM - 7:00 AM	Mat Pilates	Carrie Steen	Active
8:00 AM - 9:15 AM	Hatha Flow - All Levels	Simon Karta Ballard	Gentle
9:30 AM - 10:30 AM	Gentle Yoga Stretch	Simon Karta Ballard	Active
12:15 PM - 1:15 PM	Yoga Sculpt	Alisha Vasquez	Active
5:45 PM - 7:00 PM	Meditative Flow	Marie Linteau	Active
7:15 PM - 8:30 PM	Restorative/Divine Sleep Yoga Nidra Meditation	Stacey Schuerman	Gentle
8:45 PM - 10:00 PM	Hatha Flow - All Levels	Chuckie Ananda Bhai	Active
Thursday	**Class**	**Instructor**	**Class Level**
6:00 AM - 7:15 AM	Sunrise Flow - All Levels	Renee Schwan	Active
8:00 AM - 9:00 AM	Gentle Yoga Stretch	Renee Schwan	Gentle
9:15 AM - 10:30 AM	No Flow Stationary Sequence	Stacey Schuerman	Active
5:45 PM - 7:00 PM	Gentle Yoga Stretch	Kelly Bustany	Gentle
7:15 PM - 8:30 PM	Hatha Flow - All Levels	Suzanne La Roque	Active
Friday	**Class**	**Instructor**	**Class Level**
8:00 AM - 9:15 AM	Hatha Flow - All Levels	Stacey Schuerman	Gentle
9:30 AM - 10:30 AM	Gentle Yoga Stretch	Stacey Schuerman	Active
12:15 PM - 1:15 PM	Pilates Fusion	Sarah Gertler	Active
4:30 PM - 5:45 PM	Hatha Flow - All Levels	Regi Masiello	Active
Saturday	**Class**	**Instructor**	**Class Level**
8:30 AM - 9:45 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
10:00 AM - 11:15 AM	Hatha Flow - All Levels	Stacey Schuerman	Active
Sunday	**Class**	**.**	**Class Level**
8:00 AM - 9:00 AM	Easy Like Sunday Morning Flow	Heather Westenhofer	All Levels
9:30 AM - 10:30 AM	Sound Meditation	Ernie Schuerman	Gentle
10:45 AM - 12:00 PM	Hatha Flow - Level 1-2	Suzanne La Roque	Active
4:30 PM - 5:45 PM	Flow & Restore - All Levels	Heidi Lockhart	Active



Locals Only New Client Special - 2 Weeks Unlimited Classes $25!!!

Schedule subject to change. Please see www.sunsparkyoga.com for up to date information.