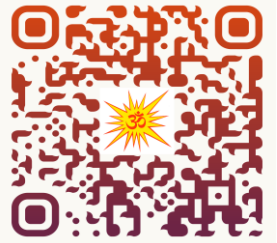




QR CODE: ONLINE SCHEDULE

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## Weekly STUDIO Class Schedule

Monday	Class	Instructor	Level
11:45 AM - 12:30 PM	Core Strength Yoga	Heidi Lockhart	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels <i>(New Time begins 9/12)</i>	Taylor Shore	Active
6:45 - 7:45 PM	Gentle Restorative Yoga <i>(New Time begins 9/12)</i>	Michelle Goldstein	Gentle
Tuesday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
5:30 - 6:30 PM	Stretch, Roll & Strengthen	Heather Westenhofer	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Kristin Barton	Active
Wednesday	Class	Instructor	Level
6:30 - 7:30 AM	SunRise Flow	Laura Paulsell	Active
8:00 - 9:00 AM	Gentle Yoga Stretch	Laura Paulsell	Gentle
11:45 AM - 12:30 PM	Mat Pilates: Tone & Strengthen	Kira Bartoli	Active
5:30 - 6:30 PM	Vinyasa/Hatha Flow All Levels	Heather Westenhofer	Active
6:45 - 7:45 PM	Yoga Nidra & Sound Meditation <i>(New Time begins 9/14)</i>	Stacey/Ernie Schuerman	Gentle
Thursday	Class	Instructor	Level
8:00 - 9:00 AM	Gentle Yoga Stretch	Heather Westenhofer	Gentle
9:15 - 10:30 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
4:00 - 5:00 PM	Mat Pilates: Tone & Strengthen	Kira Bartoli	Active
5:30 - 6:30 PM	Gentle Yoga Stretch <i>(New Time begins 9/8)</i>	Stacey Schuerman	Gentle
6:45 - 8:00 PM	Vinyasa/Hatha Flow All Levels	Meghan Kliever	Active
Friday	Class	Instructor	Level
8:00 - 9:15 AM	Vinyasa/Hatha Flow All Levels	Philip Sadler	Active
11:45 AM - 12:30 PM	Yoga Bootcamp	Stacey Schuerman	Active
4:30 - 5:45 PM	Meditative Flow	Laura Paulsell	Active
Saturday	Class	Instructor	Level
8:30 - 9:30 AM	Gentle Yoga Stretch	Stacey Schuerman	Gentle
9:45 - 11:00 AM	Vinyasa/Hatha Flow All Levels	Stacey Schuerman	Active
Sunday	Class	Instructor	Level
9:00 - 10:00 AM	"Easy Like Sunday Morning" Flow	Heather Westenhofer	Active
4:30 - 5:45 PM	Flow & Restore All Levels	Heidi Lockhart	Active

Schedule subject to change. Please see [www.sunsparkyoga.com/schedule](http://www.sunsparkyoga.com/schedule) for up to date information.

**INTRODUCTORY Special: 3 Classes for \$30**

*Stay safe and healthy. Take care of yourself, each other, our community, and the world.*

