



139 S Olive St. Old Towne Orange, CA 92866 714-786(SUN)-5994
 info@sunsparkyoga.com www.sunsparkyoga.com
 www.facebook.com/sunsparkyogastudio

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 | Gentle Therapeutic Yoga | Melissa Adyia Calasanz | Gentle |
| 12:00 PM - 12:50 PM | Pilates Fusion | Renee Schwan | Active |
| 4:15 PM - 5:30 PM | Hatha Flow - All Levels | 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 | Yoga Stretch | Renee Schwan | Gentle |
| 9:15 AM - 10:30 AM | Hatha Flow - All Levels | Taylor Alexander | Active |
| 5:45 PM - 7:00 PM | Yoga Stretch | Heather Westenhofer | Gentle |
| 7:15 PM - 8:30 PM | Hatha Flow - All Levels | Stacey Schuerman | Active |
| Wednesday | Class | Instructor | Class Level |
| 8:00 AM - 9:15 AM | Hatha Flow - All Levels | Heather Dragaset | Active |
| 9:30 AM - 10:30 AM | Yoga Stretch | Carol Ann Soltz | Gentle |
| 5:45 PM - 7:00 PM | Flow & Restore - All Levels | Stacey Schuerman | Active/Gentle |
| 7:15 PM - 8:30 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 | Yoga Stretch | Renee Schwan | Gentle |
| 9:15 AM - 10:30 AM | No-Flow Stationary Sequence | Stacey Schuerman | Active |
| 5:45 PM - 7:00 PM | 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 | Taylor Alexander | Active |
| 9:30 AM - 10:30 AM | Stretch & Yoga Nidra Meditation | Stacey Schuerman | Gentle |
| 12:00 PM - 12:50 PM | Pilates Fusion | Sarah Gertler | Active |
| 4:30 PM - 5:45 PM | Warrior Flow | Corey Moran | Active |
| Saturday | Class | Instructor | Class Level |
| 8:30 AM - 9:30 AM | Yoga Stretch | Stacey Schuerman | Gentle |
| 9:45 AM - 11:00 AM | Hatha Flow - All Levels | Stacey Schuerman | Active |
| Sunday | Class | Instructor | 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 | Warrior Flow | Corey Moran | Active |
| 4:30 PM - 5:45 PM | Flow & Restore - All Levels | Kayla Maki | Active/Gentle |
| 6:15 PM - 7:30 PM | \$5 Community Class (begins 9/8) | SunSpark Yoga Teacher | Varies |



Locals Only New Client Special - 2 Weeks Unlimited Classes \$18!!!

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