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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 Adyilia 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           |
| 1:15 PM - 2:15 PM   | Hatha Flow - Level 2/3                         | Chuckie Ananda Bhai      | Vigorous         |
| 3:30 PM - 4:30 PM   | Lil' Sparks Kid's Yoga Class                   | Renee Schwan             | Kid's: Ages 6-10 |
| 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                    | Brian Shaheen            | 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  | Hatha Flow - All Levels                        | Heather Westenhofer      | 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  | 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 | 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](http://www.sunsparkyoga.com) for up to date information.