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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 Adyia Calasanz	Gentle
12:15 PM - 1:15 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	Gentle Yoga Stretch	Renee Schwan	Gentle
9:15 AM - 10:30 AM	Hatha Flow - All Levels	Darren Obong	Active
5:45 PM - 7:00 PM	Gentle Yoga Stretch	Laura Adona	Gentle
7:15 PM - 8:30 PM	Hatha Flow - All Levels	Stacey Schuerman	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	Active
9:30 AM - 10:30 AM	Gentle Yoga Stretch	Simon Karta Ballard	Gentle
5:45 PM - 7:00 PM	Flow & Restore - All Levels	Stephanie Wise	Active/Gentle
7:15 PM - 8:30 PM	Hatha Flow - All Levels	Stacey Schuerman	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	Active
9:30 AM - 10:30 AM	Stretch & Nidra	Stacey Schuerman	Gentle
12:15 PM - 1:15 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	Gentle 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	Heidi Lockhart	Active/Gentle



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

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