



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	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	Taylor Alexander	Active
5:45 PM - 7:00 PM	Gentle Yoga Stretch	Hilda Loury	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
7:45 AM - 8:15 AM	SunRun ( <i>Offsite - Meet at N. Lemon Parking Structure</i> )	Stacey Schuerman	Active
8:30 AM - 9:45 AM	Foundations Flow	Stacey Schuerman	Active
5:45 PM - 7:00 PM	Flow & Restore - All Levels	Stephanie Wise	Active/Gentle
7:15 PM - 8:30 PM	Hatha Flow - All Levels	Darren Obong	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	Taylor Alexander	Active
9:30 AM - 10:30 AM	Stretch & Yoga Nidra Meditation	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
6:00 PM - 7:15 PM	\$5 Community Class	SunSpark Yoga Teacher	All Levels



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

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