

YOGA SCHEDULE



DAY OF THE WEEK

CLASSES

INSTRUCTORS

SUNDAYS

8:00 - 9:00AM	VINYASA FLOW	MICHELLE H.
9:15 - 10:30AM	HATHA	MICHELLE H.
4:30 - 5:15PM	YOGA NIDRA	GRETA W.

MONDAYS

8:00 - 9:00AM	POWER FLOW	SOPHIA N.
9:15 - 10:15AM	YOGACORE	SOPHIA N.
12:00 - 1:00PM	CHAIR YOGA	GRETA W.
3:00 - 4:15PM	KRIPALU LEVEL 1	SOPHIA N.
4:30 - 5:45PM	RESTORATIVE	GRETA W.

TUESDAYS

9:15 - 10:30AM	HATHA	MICHELLE H.
12:00 - 1:00PM	VINYASA FLOW	MICHELLE H.
4:30 - 5:45PM	KRIPALU LEVEL 1	SOPHIA N.
6:00 - 7:00PM	VINYASA FLOW	SOPHIA N.

WEDNESDAYS

8:00 - 9:00AM	VINYASA FLOW	MICHELLE H.
9:15 - 10:30AM	LAYERS	MICHELLE H.
10:45 - 11:45 AM	HATHA	BONNIE P.
12:00 - 1:00PM	BEGINNERS YOGA	GRETA W.
5:45 - 7:00PM	RESTORATIVE	GRETA W.

THURSDAYS

9:15 - 10:30AM	HATHA	MICHELLE H.
12:00 - 1:00PM	VINYASA FLOW	MICHELLE H.
4:30 - 5:30PM	RESTORATIVE	GRETA W.
6:00 - 7:00PM	VINYASA FLOW	MICHELLE H.

FRIDAYS

8:00 - 9:00AM	VINYASA FLOW	MICHELLE H.
9:15 - 10:15AM	HATHA	MICHELLE H.
10:45 - 11:45AM	KRIPALU LEVEL 1	SOPHIA N.
12:00 - 1:00PM	POWER FLOW	SOPHIA N.

SATURDAYS

8:00 - 9:00AM	HATHA	MICHELLE H.
9:15 - 10:30AM	VINYASA FLOW	MICHELLE H.