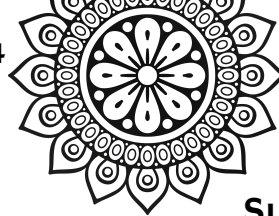


# Spring Schedule



# Spring Schedule



## Sunday

8:30 - 9:45am

Therapeutic Yoga with Linda

10:00 - 11:15am

Yoga & Meditation with Emily

## Monday

9:30 - 10:45am

Therapeutic Yoga with Linda

5:00 - 6:15pm

Align & Flow with Jason

6:30 - 7:45pm

Yoga & Meditation with Melissa

## Tuesday

9:30 - 10:45am

Align & Flow with Emily

11:15am - 12:15pm

Gentle Hour with Emily

5:30 - 6:45pm

Flow Yoga with Melissa

7:00 - 8:15pm

Restore with Michele

## Wednesday

9:30 - 10:45am

Restore Yoga with Emily

5:00 - 6:15 pm

Yoga & Meditation with Jessica

## Thursday

9:30 - 10:45am

Yoga & Meditation with Erin

11:15am - 12:15pm

Gentle Hour with Erin

5:30 - 6:45pm

Intermediate Yoga with Emily

## Friday

9:30 - 10:45am

Align & Flow with Jason

5:00 - 6:15pm

Restore Yoga with Dawn

## Saturday

8:30 - 9:45am

Align & Flow with Emily

## Sunday

8:30 - 9:45am

Therapeutic Yoga with Linda

10:00 - 11:15am

Yoga & Meditation with Emily

## Monday

9:30 - 10:45am

Therapeutic Yoga with Linda

5:00 - 6:15pm

Align & Flow with Jason

6:30 - 7:45pm

Yoga & Meditation with Melissa

## Tuesday

9:30 - 10:45am

Align & Flow with Emily

11:15am - 12:15pm

Gentle Hour with Emily

5:30 - 6:45pm

Flow Yoga with Melissa

7:00 - 8:15pm

Restore with Michele

## Wednesday

9:30 - 10:45am

Restore Yoga with Emily

5:00 - 6:15 pm

Yoga & Meditation with Jessica

## Thursday

9:30 - 10:45am

Yoga & Meditation with Erin

11:15am - 12:15pm

Gentle Hour with Erin

5:30 - 6:45pm

Intermediate Yoga with Emily

## Friday

9:30 - 10:45am

Align & Flow with Jason

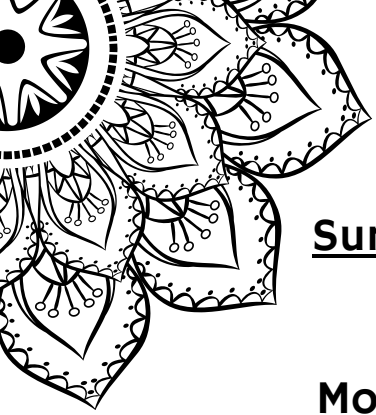
5:00 - 6:15pm

Restore Yoga with Dawn

## Saturday

8:30 - 9:45am

Align & Flow with Emily



4/2/2024

# Spring Schedule

www.binghamtonyoga.com

●— Easy

●— Moderate

—● Active

## Sunday

8:30 - 9:45am

Therapeutic Yoga with Linda

●—

10:00 - 11:15am

Yoga & Meditation with Emily

—●

## Monday

9:30 - 10:45am

Therapeutic Yoga with Linda

●—

5:00 - 6:15pm

Align & Flow with Jason

—●

6:30 - 7:45pm

Yoga & Meditation with Melissa

—●

## Tuesday

9:30 - 10:45am

Align & Flow with Emily

—●

11:15am - 12:15pm

Gentle Hour with Emily

●—

5:30 - 6:45pm

Flow Yoga with Melissa

—●

7:00 - 8:15pm

Restore with Michele

●—

## Wednesday

9:30 - 10:45am

Restore Yoga with Emily

●—

5:00 - 6:15 pm

Yoga & Meditation with Jessica

—●

## Thursday

9:30 - 10:45am

Yoga & Meditation with Erin

—●

11:15am - 12:15pm

Gentle Hour with Erin

●—

5:30 - 6:45pm

Intermediate Yoga with Emily

—●

## Friday

9:30 - 10:45am

Align & Flow with Jason

—●

5:00 - 6:15pm

Restore Yoga with Dawn

●—

## Saturday

8:30 - 9:45am

Align & Flow with Emily

—●

