# Spring Schedule

| <u>Sunday</u> | <u>S</u> | u | n | d | a | y | , |
|---------------|----------|---|---|---|---|---|---|
|---------------|----------|---|---|---|---|---|---|

| 8:30 - 9:45am   | Therapeutic Yoga with Linda  |
|-----------------|------------------------------|
| 10:00 - 11:15am | Yoga & Meditation with Emily |

# <u>Monday</u>

| 9:30 - 10:45am | Therapeutic Yoga with Linda    |
|----------------|--------------------------------|
| 5:00 - 6:15pm  | Align & Flow with Jason        |
| 6:30 - 7:45pm  | Yoga & Meditation with Melissa |

# <u>Tuesday</u>

| 9:30 - 10:45am    | Align & Flow with Emily |
|-------------------|-------------------------|
| II:15am - 12:15pm | Gentle Hour with Emily  |
| 5:30 - 6:45pm     | Flow Yoga with Melissa  |
| 7:00 - 8:15pm     | Restore with Michele    |

# <u>Wednesday</u>

| 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  |
|-------------------|------------------------------|
| II:15am - 12:15pm | Gentle Hour with Erin        |
| 5:30 - 6:45pm     | Intermediate Yoga with Emily |

# <u>Friday</u>

| 9:30 - 10:45am | Align & Flow with Jason |
|----------------|-------------------------|
| 5:00 - 6:15pm  | Restore Yoga with Dawn  |

#### <u>Saturday</u>

| 8:30 - 9:45am | Align & Flow with Emily |
|---------------|-------------------------|
|               | •                       |

# **Spring Schedule**

# <u>Sunday</u>

| 8:30 - 9:45am   | Therapeutic Yoga with Linda  |
|-----------------|------------------------------|
| 10:00 - 11:15am | Yoga & Meditation with Emily |

# <u>Monday</u>

| 9:30 - 10:45am | Therapeutic Yoga with Linda    |
|----------------|--------------------------------|
| 5:00 - 6:15pm  | Align & Flow with Jason        |
| 6:30 - 7:45pm  | Yoga & Meditation with Melissa |

# <u>Tuesday</u>

| 9:30 - 10:45am    | Align & Flow with Emily |
|-------------------|-------------------------|
| II:15am - 12:15pm | Gentle Hour with Emily  |
| 5:30 - 6:45pm     | Flow Yoga with Melissa  |
| 7:00 - 8:15pm     | Restore with Michele    |

# <u>Wednesday</u>

| 9:30 - 10:45am | Restore Yoga with Emily        |
|----------------|--------------------------------|
| 5:00 - 6:15 pm | Yoga & Meditation with Jessica |

# <u>Thursday</u>

| 9:30 - 10:45am    | Yoga & Meditation with Erin  |
|-------------------|------------------------------|
| II:15am - 12:15pm | Gentle Hour with Erin        |
| 5:30 - 6:45pm     | Intermediate Yoga with Emily |

#### <u>Friday</u>

| 9:30 - 10:45am | Align & Flow with Jason |
|----------------|-------------------------|
| 5:00 - 6:15pm  | Restore Yoga with Dawn  |

#### <u>Saturday</u>

| 8:30 - 9:45am | Align & | Flow | with | <b>Emily</b> |
|---------------|---------|------|------|--------------|
|---------------|---------|------|------|--------------|

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|              | Sur | <u>nday</u> |

# Spring Schedule

Easy Moderate Active

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| ~ |                  |                                                                       | 30.17.58                                                                                   |                                         |
|---|------------------|-----------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------|
|   | <u>Sunday</u>    | 8:30 - 9:45am<br>10:00 - 11:15am                                      | Therapeutic Yoga with Linda<br>Yoga & Meditation with Emily                                | <b>●</b> - <b>●</b> -                   |
|   | <u>Monday</u>    | 9:30 - 10:45am<br>5:00 - 6:15pm<br>6:30 - 7:45pm                      | Therapeutic Yoga with Linda<br>Align & Flow with Jason<br>Yoga & Meditation with Melissa   | <ul><li>●</li><li>●</li><li>●</li></ul> |
|   | <u>Tuesday</u>   | 9:30 - 10:45am<br>11:15am - 12:15pm<br>5:30 - 6:45pm<br>7:00 - 8:15pm | Align & Flow with Emily Gentle Hour with Emily Flow Yoga with Melissa Restore with Michele |                                         |
|   | <u>Wednesday</u> | 9:30 - 10:45am<br>5:00 - 6:15 pm                                      | Restore Yoga with Emily<br>Yoga & Meditation with Jessica                                  | <b>●</b> —                              |
|   | <u>Thursday</u>  | 9:30 - 10:45am<br>11:15am - 12:15pm<br>5:30 - 6:45pm                  | Yoga & Meditation with Erin<br>Gentle Hour with Erin<br>Intermediate Yoga with Emily       | ——————————————————————————————————————  |
|   | <u>Friday</u>    | 9:30 - 10:45am<br>5:00 - 6:15pm                                       | Align & Flow with Jason<br>Restore Yoga with Dawn                                          |                                         |
|   | <u>Saturday</u>  | 8:30 - 9:45am                                                         | Align & Flow with Emily                                                                    |                                         |