

9/2/23

Fall Schedule

www.binghamtonyoga.com



Easy



Moderate

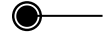


Active

Sunday

8:30 - 9:45am

Therapeutic Yoga with Linda



10:00 - 11:15am

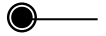
Yoga & Meditation with Emily



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

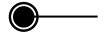
9:30 - 10:45am

Align & Flow with Emily



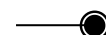
11:15am - 12:15pm

Gentle Hour with Emily



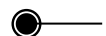
5:30 - 6:45pm

Flow Yoga with Melissa



7:00 - 8:15pm

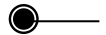
Restore with Michele



Wednesday

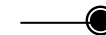
9:30 - 10:45am

Restore Yoga with Emily



5:00 - 6:15 pm

Flow Yoga with Jessica



6:30 - 7:45pm

Yoga & Meditation with Erin



Thursday

9:30 - 10:45am

Yoga & Meditation with Erin



11:15am - 12:15pm

Gentle Hour with Erin



5:00 - 6:15pm

Align & Flow with Dawn



Friday

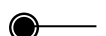
9:30 - 10:45am

Align & Flow with Jason



5:00 - 6:15pm

Restore Yoga with Dawn



Saturday

8:30 - 9:45pm

Align & Flow with Emily

