



yoga
MONTHLY CLASS SCHEDULE



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|--|--|--|
| <p>1</p> <p>GENTLE YOGA Kerri 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Steph 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Priti 6:00-7:00 pm (Y1)</p> | <p>2</p> <p>YOGA FLOW Kristijana 6:00-7:00 pm (Y1)</p> | <p>3</p> <p>GENTLE YOGA Steph 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Katherine 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW Tara 6:00-7:00 pm (Y1)</p> | <p>4</p> <p>YOGA FLOW Katherine 6:00-6:45 am (Y1)</p> <p>Chair Yoga Roopa 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Steph 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Tara 6:00-7:00 pm (Y1)</p> | <p>5</p> <p>GENTLE YOGA Kerri 10:00-10:45 am (Y1)</p> <p>YOGA FLOW TBD 12:00-12:45 pm (Y1)</p> | <p>6</p> <p>YOGA FLOW TBD 8:00-9:00 am (Y1)</p> | <p>7</p> <p>YOGA FLOW Riley 12:00-1:00 pm (Y1)</p> |
| <p>8</p> <p>GENTLE YOGA Kerri 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Tara 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Priti 6:00-7:00 pm (Y1)</p> | <p>9</p> <p>YOGA FLOW Kristijana 6:00-7:00 pm (Y1)</p> | <p>10</p> <p>GENTLE YOGA TBD 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Roopa 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW Riley 6:00-7:00 pm (Y1)</p> | <p>11</p> <p>YOGA FLOW Katherine 6:00-6:45 am (Y1)</p> <p>Chair Yoga Roopa 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Steph 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Tara 6:00-7:00 pm (Y1)</p> | <p>12</p> <p>GENTLE YOGA Kerri 10:00-10:45 am (Y1)</p> <p>YOGA FLOW TBD 12:00-12:45 pm (Y1)</p> | <p>13</p> <p>YOGA FLOW Riley 8:00-9:00 am (Y1)</p> | <p>14</p> <p>YOGA FLOW Katherine 12:00-1:00 pm (Y1)</p> |
| <p>15</p> <p>GENTLE YOGA Tara 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Steph 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Kristijana 6:00-7:00 pm (Y1)</p> | <p>16</p> <p>YOGA FLOW Priti 6:00-7:00 pm (Y1)</p> | <p>17</p> <p>GENTLE YOGA TBD 10:00-10:45 am (Y1)</p> <p>YOGA FLOW TBD 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW Riley 6:00-7:00 pm (Y1)</p> | <p>18</p> <p>YOGA FLOW Katherine 6:00-6:45 am (Y1)</p> <p>Chair Yoga Roopa 10:00-10:45 am (Y1)</p> <p>YOGA FLOW TBD 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Tara 6:00-7:00 pm (Y1)</p> | <p>19</p> <p>GENTLE YOGA Kerri 10:00-10:45 am (Y1)</p> <p>YOGA FLOW TBD 12:00-12:45 pm (Y1)</p> | <p>20</p> <p>YOGA FLOW TBD 8:00-9:00 am (Y1)</p> | <p>21</p> <p>YOGA FLOW Riley 12:00-1:00 pm (Y1)</p> |
| <p>22</p> <p>GENTLE YOGA Tara 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Steph 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Priti 6:00-7:00 pm (Y1)</p> | <p>23</p> <p>YOGA FLOW TBD 6:00-7:00 pm (Y1)</p> | <p>24</p> <p>GENTLE YOGA Steph 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Roopa 12:00-12:45 pm (Y1)</p> <p>SPORT YOGA Chris 1:00-1:45 pm (G2)</p> <p>YOGA FLOW Tara 6:00-7:00 pm (Y1)</p> | <p>25</p> <p>YOGA FLOW Katherine 6:00-6:45 am (Y1)</p> <p>Chair Yoga Roopa 10:00-10:45 am (Y1)</p> <p>YOGA FLOW TBD 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Tara 6:00-7:00 pm (Y1)</p> | <p>26</p> <p>GENTLE YOGA Kerri 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Steph 12:00-12:45 pm (Y1)</p> | <p>27</p> <p>YOGA FLOW Kristijana 8:00-9:00 am (Y1)</p> | <p>28</p> <p>YOGA FLOW TBD 12:00-1:00 pm (Y1)</p> |
| <p>29</p> <p>GENTLE YOGA Tara 10:00-10:45 am (Y1)</p> <p>YOGA FLOW Katherine 12:00-12:45 pm (Y1)</p> <p>YOGA FLOW Priti 6:00-7:00 pm (Y1)</p> | <p>30</p> <p>YOGA FLOW Kristijana 6:00-7:00 pm (Y1)</p> | | | | | |

PLEASE NOTE: Instructor schedules are posted at the beginning of the month and are subject to change.