

# Community Yoga Schedule

[www.communityyoga.com](http://www.communityyoga.com) (704)491-4749

Please Note: See Web site for Modified Holiday Schedule

Day	Time	Studio A	Teacher	Time	Studio B	Teacher	Notes
Sun.	8:30-10:00 am	Hatha Yoga	Amy				
	10:30-11:30 am	Vinyasa	Amy Note #2				
	6:00-7:00 pm	Community Class	Beth *1st Sunday				
	6:30-8:00 pm	Hatha Yoga	Helen				
Mon.	9:30-10:45 am	Hatha Yoga Basics	Kim N				
	11:00-11:45	Yoga Express- Subtle	Marjorie Note #4				
	6:00-7:15 pm	Hatha Yoga	Meg				
Tues.	6:00-7:00 am	Sunrise Yoga Ends *****2/7/12*****	Helen				
	9:30-11:00 am	Hatha Yoga	Stephanie				
	6:30-8:00 pm	Introductory Svaroopa®	Kathy Note#3				
Wed.	9:30-11:00 am	Svaroopa® Bliss Yoga	Kathy Note#3				
	6:00-7:20 pm	Ashtanga-Inspired	Lisa				
	7:30-9:00 pm	Subtle Yoga	Sam				
Thurs.	9:30-11:30 am	Stretch and Release	Lisa				
	12:30-1:30 pm	Qi Gong	Cristin				
	Begins 10/6/11						
	6:00-7:20 pm	Hatha Yoga	Amy				
Fri.	7:30-8:30 pm	Subtle Yoga	Meredith				
	9:30-11:00 am	Power Yoga	Amy				
	11:30-12:45 pm	Gentle/Restorative Yoga	Kim N				
	1:00-1:45 pm	Yoga Express- Gentle Yoga	Stephanie Note #4				
Sat.	6:15-7:15pm	Yoga	Kim N				
	8:30-10:00 am	Hatha Yoga	Julie				
	10:30-11:30 am	Gentle/Moderate Yoga	Laurie Note #2				

**Note #1** - First Sunday of the Month Free/Donation Class

**Note #2** - Due to Kaoverii's Teacher Training these classes will be held in Studio B during weekends where she has training.

**Note #3** - Maximum of 12 students allowed in class.

**Note #4** - \$5.00 classes, no class passes "Yoga Express for Less"