

[Click Here for Printable Schedule](#)

Day	Time	Style/Teacher		Beginning/Ending*
Sunday	8:30-10 am	Yoga w/ Amy		
Monday	8:30-9:30	Yoga w/ Kathryn**	Love donation for fundraisers	2-18 through 5-19
	12:15-1:15	NIA with Kate		
	4:20-5:45 pm	Teen Yoga w/ Heather		6 Weeks beginning 4/14 (<u>See Special Sessions</u>)
	6-7:30 pm	Yoga w/Kathy		
Tuesday	6-7 am	Sunrise Yoga w/ Laurie		Replacing Meg during her absence.
	9:45-11:00 am	Anusara- Inspired Yoga with Stephanie		
	6-7:15	Yoga w/ Heather		
	7:30-9:00 pm	Prenatal Yoga and discussion w/ Cheryl		
Wednesday	8:30-9:30	Yoga w/ Michele**	Love donation for Ada Jenkins Medical Relief	2-20 through 5-21
	12:15-1:30	Svaroop Bliss Yoga with Polly		
	6-7:30 pm	Ashtanga- Inspired Yoga w/ Lisa		
	7:30-8:30	Pilates with KATIE		
Thursday	6-7	Sunrise Yoga w/ Laurie		
	10-11 am	Tai Chi w/ Joe		<u>See Special Sessions</u>
	6-7:25 pm	Yoga w/ Amy		

	7:30-8:30 pm	Yoga Basic w/ Amy		
Friday	9:45-11 am	Yoga w/ Molly		
	12:15-1:15	Svaroopa Back Bliss with Polly		
	6-7:30	Happy Hour Yoga w/ Lisa	April 18 th and April 25 th	Check website for the dates
Saturday	8:30-9:55 am	Yoga with Sam		

* Unless otherwise noted, class is ongoing.

** Love Donation Classes

***While Cathy is off due to injury, Polly Breen will teach Svaroopa classes at these times, see website.