

	M	T	W	TH	F	Sat/Sun
6:15			*Sunrise Yoga -Ashley		*Sunrise Yoga -Sara	
8		*Tabata Warrior -Margaret	All Level Vinyasa -Wendy	*Tabata Warrior -Jordan	Gentle FLOW -Asta	
9		Ashtanga Short Form/Yin -Kim**		Ashtanga Short Form/Yin -Kim**		<u>SATURDAY</u> 8:30am Warrior Girl** -Wendy
9:15	Vinyasa/Yin -Kelley**		Vinyasa/Yin -Kelley**		All Level Vinyasa -Asta	<u>SATURDAY</u> 10:00am All Level Vinyasa -Alt. Teachers
10:30		Gentle Yoga -Trish		Gentle FLOW -Trish	Yin -Kathleen	<u>SATURDAY</u> 11:15am Gentle/Yin -Anne
10:45	Ashtanga Short Form -Asta		Gentle Yoga -Anita**			<u>SATURDAY</u> 4:00pm Restorative** -Kathleen
12:15	Gentle Yoga -Trish	Gentle FLOW -Terri	Ashtanga Short Form -Margaret	All Level Vinyasa -Anna	Body Rolling Series 12-1:30 -Kathleen	<u>SUNDAY</u> 9:30am Power Flow -Dynelle
4:30		*Tabata Warrior -Margaret		*Express Flow -Dynelle		<u>SUNDAY</u> 1pm Gentle FLOW -Kayla
5:15			*Express Flow -Dynelle		*Express Flow -Anika	<u>SUNDAY</u> 2:15pm Ashtanga** -Alt. Teachers
6	All Level Vinyasa -Ashley	Gentle Yoga -Chanda	6:15p Ashtanga Primary** -Kim/Tamara 9/12 & 9/19	*Tabata Warrior -Jordan		<u>SUNDAY</u> 4:30pm Yin** -Anne
7:15	Yoga Nidra** -Anita	Ashtanga Short Form -Terri		Yoga 101 7pm -Anne starts 9/6		

All Classes 60 minutes unless noted; *45 min, **75 or 90 min.

Yellow Boxes indicate NEW class OR NEW Start time.

Gray Boxes indicate enrollment classes.

Teacher Training will be one weekend per month thru February. NOTE, this will cancel regular weekend classes but Primary Ashtanga will be available Fri, Sat and Sun. Yin on Sunday will not be canceled on Teacher Training weekends.

Yin is now 75 minutes with Anne McCarroll on Sunday nights.

4 New Express Classes (45min) for the busy yogi.

IMPORTANT: Registering ONLINE provides the most **Current & Live Schedule !!**