



Oct. - Dec. Class Schedule

Register online at rootdownyogastudio.com

day/time		class	teacher	studio
MONDAY				
8:30am - 9:30am	+ 	all levels vinyasa	Jesse Emlet	Studio A
4:45pm - 5:45pm	+ 	all levels vinyasa	Joanna Drazkowski	Studio A
5:30pm - 6:30pm		all levels vinyasa	Julie Lundeen	Studio Be
6:30pm - 7:30pm	+ 	all levels vinyasa	Lace Jergenson	Studio A
TUESDAY				
5:30am - 6:30am	+ 	all levels vinyasa	Jamie Pedretti	Studio A
8:30am - 9:30am	+ 	all levels vinyasa	Julie Hatlem	Studio A
12:00pm - 1:00pm	+ 	all levels vinyasa	Joanna Drazkowski	Studio A
4:45pm - 5:45pm	+ 	all levels vinyasa	Jessie Joy	Studio A
5:30pm - 6:30pm		all levels vinyasa	Steph Hein	Studio Be
6:30pm - 7:30pm	+ 	all levels vinyasa	Jessie Joy	Studio A
WEDNESDAY				
8:30am - 9:30am	+ 	all levels vinyasa	Jennifer Hyer	Studio A
4:45pm - 5:45pm	+ 	all levels vinyasa	Julie Hatlem	Studio A
5:30pm - 6:30pm		all levels vinyasa	Beth Hieptas	Studio Be
6:30pm - 7:30pm	+ 	all levels vinyasa	Jesse Emlet	Studio A
THURSDAY				
5:30am - 6:30am	+ 	all levels vinyasa	Jamie Pedretti	Studio A
8:30am - 9:30am	+ 	all levels vinyasa	Mandy Roush	Studio A
12:00pm - 1:00pm	+ 	all levels vinyasa	Jessie Joy	Studio A
4:45pm - 5:45pm	+ 	all levels vinyasa	Beth Hieptas	Studio A
FRIDAY				
6:30am - 7:30am	+ 	all levels vinyasa	Jen Hyer	Studio A
8:30am - 9:30am	+ 	all levels vinyasa	Jen Hyer	Studio A
12:00pm - 1:00pm	+ 	all levels vinyasa	Jamie Pedretti	Studio A
4:45pm - 5:45pm	+ 	all levels vinyasa	Lace Jergenson	Studio A
SATURDAY				
7:00am - 8:00am	+ 	all levels vinyasa	Teacher rotation	Studio A
8:30am - 9:30am	+ 	all levels vinyasa	Teacher rotation	Studio A
10:00am - 11:00am	+ 	karma class - \$5, all levels vinyasa	Teacher rotation	Studio A
SUNDAY				
9:00am - 10:00am	+ 	all levels vinyasa	Teacher rotation	Studio A
4:00pm - 5:00pm	+ 	all levels vinyasa	Teacher rotation	Studio A
Times vary per class, check schedule	+ 	Sunday night rotation includes: 90-min Vinyasa, *Candlelight Flow, *Yoga Nidra, and ABC Vinyasa	Teacher rotation	Studio A

All Levels Vinyasa classes are heated to 95 degrees with added humidity.

***Classes are gently heated to 80 degrees.**

+  VIRTUAL: Join us virtually for class! We LIVE STREAM class from the studio so you can join us in the live class.

Please note: 30 minutes before class start time you will receive an email from us with the ZOOM Link to join the live class!

Class schedule/teacher rotation subject to changes. Schedule effective 10/01/2026.