

Hippie Yoga

Schedule

	<u>Class</u>	<u>Teacher</u>	
<u>Monday</u>			
9:00 am	Basic	Stephanie	60 min
10:30 am	Healthy Back	Stephanie	60 min
4:30 pm	Beginner	Linda	60 min
5:45 pm	Basic	Ivy	60 min
7:00 pm	Vinyasa	Monica	60 min
8:30 pm	Restorative Candlelight	Tanyel	60 min
<u>Tuesday</u>			
9:00 am	Slow Flow	April	60 min
10:30 am	Gentle	April	60 min
4:30 pm	Basic	Linda	60 min
5:45 pm	Healthy Back	Linda	60 min
7:00 pm	Core Vinyasa	Maria	60 min
8:30 pm	Yin	Tanyel	60 min
<u>Wednesday</u>			
9:00 am	Slow Flow	Jocelyn	60 min
10:30 am	Healthy Back	Jocelyn	60 min
4:30 pm	Basic	April	60 min
5:45 pm	Slow Flow	April	60 min
7:00 pm	Rock'n Vinyasa	April	60 min
8:30 pm	Restorative	April	60 min
<u>Thursday</u>			
9:00 am	Kundalini	Jessica	60 min
10:30 am	Yin	Tanyel	60 min
4:30 pm	Basic Core Yoga	Jocelyn	60 min
5:45 pm	Basic	Monica	60 min
7:00 pm	Healthy Back	Stephanie	60 min
8:30 pm	Hot Yoga	Stephanie	60 min
<u>Friday</u>			
9:00 am	Basic	April	60 min
10:30 am	Community Yoga	April	45 min
5:45 pm	Mixed Basic	Maria	60 min
<u>Saturday</u>			
8:45 am	Yoga with Meditation	Tanyel	60 min
10:00 am	Basic	Tanyel	60 min
<u>Sunday</u>			
9:00 am	Mixed Basic	Linda	60 min
10:30 am	Gentle Blend	Linda	60 min