

Spring Schedule 2014



MONDAY			
9:30-10:45	Power Flow	Mixed	Kerri
12-12:50	Vinyasa	Mixed	Kate
4:30-5:45	Power Flow	Mixed	Kerri
5:45-7:00	Align & Flow	Mixed	Robin
6:15-7:15	Vinyasa	Mixed	Charly
7:15-8:30	Yin	All	Maura
7:30-8:30	Prenatal	Expecting	Robin
TUESDAY			
6:15-7:15	Vinyasa	Mixed	Kristie
9:30-10:45	Gentle	All	Meghan
12-12:50	Slow Flow	All	Marissa
4:30-5:45	Align & Flow	Mixed	Robin
5:45-7:00	Vinyasa	Mixed	Maura
6:15-7:15	Slow Flow	All	Kerri
7:15-8:30	Basics	Beginners	Kristie
7:30-8:30	New to Yoga	Beginners	Charly
WEDNESDAY			
9:30-10:45	Align & Flow	Mixed	Robin
12-12:50	Vinyasa	Mixed	Ali
4:30-5:45	Basics	Beginners	
5:45-7:00	Vinyasa	Intermediate	Maura
6:15-7:15	Restorative	All	Meghan
7:15-8:15	Vinyasa	Mixed	Kate
7:30-8:30	Open Meditation	All	OPEN
THURSDAY			
6:15-7:15	Vinyasa	Mixed	Kristie
9:30-10:45	Slow Flow	All	Maura
12-12:50	Align Flow	Mixed	Robin
4:30-5:45	Vinyasa	Mixed	Maura
5:45-7:00	Vinyasa	Mixed	Marissa
6:15-7:15	Power Flow	Mixed	Kerri
7:15-8:30	Slow Flow	All	Ali
7:30-8:30	New to Yoga	Beginners	Charly
FRIDAY			
9:30-10:45	Vinyasa	Mixed	Maura
12-12:50	Power Flow	Mixed	Kerri
4:30-5:45	Vinyasa	Mixed	Meghan
6:00-7:00	Vinyasa	Mixed	Ali
SATURDAY			
9:00-10:15	Align & Flow	Int./Adv,	Robin
9:30-10:30	Basics	Beginners	Kerri
10:30-12:00	Vinyasa + Meditation	Mixed	Maura
11:00-12:00	Prenatal	Expecting	Robin
4:30-5:30	Lululemon FREE Community Class	Mixed	Rotating
SUNDAY			
9:00-10:15	Vinyasa	Mixed	Kate
9:30-10:30	Meditation	All	Rotating
10:30-11:45	Vinyasa	Mixed	Ali
11:00-12:00	Gentle	All	Meghan
4:30-5:30	Restorative	All	Kerri