


# Fall Class Schedule

See our website for teacher bios and class descriptions.

(Sept 2022)

(v) - Online (s) - in studio (o) - outdoor (h)- hybrid

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 10:30 am (v) <b>Therapeutic Yoga Online</b> All Levels Evalena Leedy		8:30-9:30 pm (o) <b>Yoga Blend Outdoor</b> All Levels Georgia Lowe	8:30 - 9:20 am (o) <b>Strengthen: Flow Outdoor</b> Moderato Dena Levitz		
9:00 - 9:50 am (o) <b>Outdoor Yoga Fusion</b> Moderato Sunee LaClaire	9:00 - 9:50 am (o) <b>Strengthen: Flow Outdoor</b> Moderato Lisa Anderson	9:30 - 10:30 am (v) <b>Yoga Blend Online</b> All Levels Shamina Rao	10:00 - 11:00 am (o) <b>Qi Gong Outdoor</b> All Levels Kate Mansfield	10:00 - 11:00 am (v) <b>Yin Yang Yoga Online</b> Moderato Ariel Lim	9:00 - 10:00 am (o) <b>Community: Flow Outdoor</b> All Levels Community Class	9:00 - 10:00 am (o) <b>Outdoor Flow</b>  All Levels Rotation
11:00-12:00 pm (s) <b>Renewal Yoga</b> (in studio) All levels Erika Munro	11:00-12:00 pm (h) <b>Renewal Yoga</b> (studio)&(online) All levels Sunee LaClaire	11:00-12:00 pm (s) <b>Renewal Yoga</b> (in studio) All levels Erika Munro	11:00 - 12:15 pm (v) <b>Therapeutic Yoga Online</b> All Levels Hannah Gruber	11:30-12:30 pm (h) <b>Tension Release Yoga</b> (studio)&(online) All Levels Sunee LaClaire	11:00 - 12:15 pm (v) <b>Yoga Blend Online</b> Moderato Lisa Anderson	11:00- 12:15 pm (v) <b>Yoga Blend Online</b> All Levels Georgia Lowe
3:15 - 4:30 After School Yoga PS 154	3:15 - 4:30 After School Yoga PS 154	3:30 - 4:45 <b>Tween Yoga</b> Sunee LaClaire	3:30 - 4:45 After School Yoga 1st - 3rd gr		4:00 - 5:15 pm (v) <b>Therapeutic Yoga Online</b> All Levels Evalena Leedy	4:00 - 5:00 pm (h) <b>Yin Yang Yoga</b> (studio)&(online) All Levels Hannah Gruber
6:30 - 7:30 pm (h) <b>Stretch: Flow</b> (studio)&(online) Moderato Hannah Gruber	6:00 - 7:00 pm (o) <b>Community: Flow Outdoor</b> All Levels Community Class	7:00 - 7:45 pm (v) <b>B R E A T H E</b> <b>Online</b> All Levels Rotation	7:00 - 8:00 pm (s) <b>Community: Flow</b> (in studio) All Levels Community Class			5:45 - 7:00 pm (h)* <b>Yoga Nidra</b> (studio)&(online) All Levels Hannah Gruber
<b>254 Windsor Place (@11th Ave)</b>	<b>Brooklyn, NY 11221</b>	<b>YogaSole.com</b>		<b>info@yogasole.com</b>	<b>(718) 635.1958</b>	*offered 1 time each month / 2nd Sunday

**YogaSole Class Levels:** Lento = Slow/Intro Moderato = Moderate Allegro = Advanced