

Fall Class Schedule

See our website for teacher bios and class descriptions.

(Dec 2022)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 10:30 am (v) Therapeutic Yoga Online All Levels Evalena Leedy	9:00 - 10:00 am (h) Yoga Blend (studio)&(online) All Levels Shamina Rao	8:30-9:30 pm (s) Yoga Blend (in studio) All Levels Georgia Lowe	8:30 - 9:20 am (s) Strengthen: Flow Moderato Dena Levitz		
9:00 - 10:00 am (s) Yoga Fusion (in studio) Moderato Sunee LaClaire	9:00 - 9:50 am (s) Strengthen: Flow (in studio) Moderato Lisa Anderson		10:00-11:00 am (s) Renewal Yoga (in studio) All levels Georgia Lowe	10:00 - 11:00 am (v) Yin Yang Yoga Online All Levels Ariel Lim	9:00 - 10:00 am (s) Community: Flow (in studio) All Levels Community Class	9:30 - 10:30 am (s) Flow (in studio) All Levels Lisa Anderson
11:00-12:15 pm (s) Renewal Yoga (in studio) All levels Erika Munro	10:30-11:30 am (s) Renewal Yoga (in studio) All levels Georgia Lowe	11:00-12:15 pm (s) Renewal Yoga (in studio) All levels Erika Munro	11:00 - 12:15 pm (v) Therapeutic Yoga Online All Levels Hannah Gruber	11:30-12:30 pm (h) Tension Release Yoga (studio)&(online) All Levels Sunee LaClaire	11:00 - 12:15 pm (v) Yoga Blend Online Moderato Lisa Anderson	11:00- 12:15 pm (v) Yoga Blend Online All Levels Dena Levitz
3:15 - 4:30 After School Yoga PS 154 (1&2)	3:15 - 4:30 After School Yoga PS 154 (3-5)	3:30 - 4:45 Tween Yoga Sunee LaClaire	3:15 - 4:30 After School Yoga PS 154 (K)		4:00 - 5:15 pm (v) Therapeutic Yoga Online All Levels Evalena Leedy	4:00 - 5:00 pm (h) Yin Yang Yoga (studio)&(online) All Levels Hannah Gruber
6:30 - 7:30 pm (h) Stretch: Flow (studio)&(online) Moderato Hannah Gruber	7:30 - 8:30 pm (s) Community: Flow (in studio) All Levels Community Class	8:00 - 9:00 pm (s) Community: Slow Flow (in studio) All Levels Community Class	7:30 - 8:30 pm (s) Community: Flow (in studio) All Levels Community Class	6:00 - 7:15 pm (s)* Warrior Wind Down (in studio) All Levels Maureen Flynn		5:45 - 7:00 pm (h)* Yoga Nidra (studio)&(online) All Levels Hannah Gruber
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YogaSole Class Levels: Lento = Slow/Intro Moderato = Moderate Allegro = Advanced