

# Love Thyself Yoga Challenge Virtual Class Schedule

See our website for teachers and class descriptions.

All Classes Online through Zoom until further notice.

(Feb 2022)

| Monday                                                                              | Tuesday                                                                           | Wednesday                                                                 | Thursday                                                                           | Friday                                                                       | Saturday                                                                         | Sunday                                                                      |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------|------------------------------------------------------------------------------------|------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| 7:30 - 8:30 am<br><b>Rise Yoga Virtual</b><br>All Levels<br>Ariel Lim               |                                                                                   |                                                                           | 7:30 - 8:15 am<br><b>Sun Salute Yoga Virtual</b><br>All Levels<br>Jennifer Kurdyla |                                                                              |                                                                                  |                                                                             |
|                                                                                     | 9:00 - 9:50 am<br><b>Strengthen: Flow</b><br>Moderato<br>Lisa Jill Anderson       |                                                                           | 8:30 - 9:30 pm<br><b>Yoga Blend Virtual</b><br>All Levels<br>Georgia Lowe          | 8:30 - 9:25 am<br><b>Strengthen: Flow</b><br>Moderato<br>Dena Levitz         | 9:00 - 10:00 am<br><b>Community Flow</b><br>Lento<br>Rotation                    | 9:00 - 10:00 am<br><b>Yoga Unwind Virtual</b><br>Lento<br>Sunee LaClaire    |
| 9:30 - 10:30 am<br><b>Yoga Tune Up® Strengthen</b><br>All Levels<br>Sunee LaClaire  | 9:00 - 10:30 am<br><b>Therapeutic Yoga Virtual</b><br>All Levels<br>Evalena Leedy | 9:30 - 10:30 am<br><b>Yoga Blend Virtual</b><br>All Levels<br>Shamina Rao | 11:00 - 12:15 pm<br><b>Therapeutic Yoga Virtual</b><br>All Levels<br>Hannah Gruber | 9:30 - 10:30 am<br><b>Restorative Yoga Virtual</b><br>Lento<br>Hannah Gruber | 11:00 - 12:15 pm<br><b>Yoga Blend Virtual</b><br>Moderato<br>Lisa Anderson       | 11:00 - 12:15 pm<br><b>Yoga Blend Virtual</b><br>All Levels<br>Georgia Lowe |
| 11:00 - 12:00 am<br><b>Renewal Yoga</b><br>All Levels<br>Erika Munro                |                                                                                   | 11:30 - 12:45 pm<br><b>Yoga Tune Up®</b><br>Lento<br>Sunee LaClaire       |                                                                                    | 11:00 - 12:00 pm<br><b>Yin Yang Yoga</b><br>Moderato<br>Ariel Lim            | 2:00 - 2:50 pm<br><b>Strengthen: Fusion</b><br>Moderato<br>Sunee                 |                                                                             |
| 6:00 - 7:00 pm<br><b>Stretch Flow</b><br>Moderato<br>Hannah Gruber                  | 6:00 - 7:00 pm<br><b>Community Flow</b><br>Lento<br>Rotation                      | 6:00 - 7:00 pm<br><b>Stretch Flow</b><br>Moderato<br>Lisa Jill Anderson   | 6:00 - 7:00 pm<br><b>Community Flow</b><br>Lento<br>Rotation                       | 1:00 - 1:45 pm<br><b>Mindfulness Virtual</b><br>All Levels<br>Evalena Leedy  | 4:00 - 5:15 pm<br><b>Therapeutic Yoga Virtual</b><br>All Levels<br>Evalena Leedy | 4:00 - 5:00 pm<br><b>Yin Yang Yoga</b><br>All Levels<br>Hannah Gruber       |
|                                                                                     | 7:30 - 8:30 pm<br><b>Restorative Yoga Virtual</b><br>Lento<br>Marissa Anteby      | 7:30 - 8:30 pm<br><b>Community Slow Flow</b><br>Lento<br>Rotation         | 7:30 - 8:30 pm<br><b>MyoYin Yoga Virtual</b><br>Lento<br>Ariel Lim                 | 6:00 - 7:00 pm<br><b>Gentle Flow</b><br>Lento<br>Rhonda Braun                |                                                                                  | 7:30 - 8:30 pm<br><b>Yoga Nidra</b><br>All Levels<br>Hannah Gruber          |
|  | YogaSole Class Levels:                                                            | Lento = Slow/Intro                                                        | Moderato = Moderate                                                                | Allegro = Advanced                                                           | YogaSole.com<br>info@yogasole.com                                                | (718) 635.1958                                                              |

