



Class Schedule

See our website for teachers and class descriptions.

(July 2021)

(v) - virtual (s) - in studio (o) - outdoor

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 - 8:30 am (v) Rise Yoga Virtual All Levels Ariel Lim	9:00 - 9:50 am (o) Outdoor Yoga Flow Moderato Lisa Jill Anderson	9:00 - 10:00 am (s) Yoga Flow (in studio) All Levels Sunee LaClaire	11:00 - 12:15 pm (v) Therapeutic Yoga Virtual All Levels Hannah Gruber	9:00 - 9:50 am (o) Outdoor Yoga Flow Moderato Sunee LaClaire	9:00 - 10:00 am (o) Outdoor Community Yoga All Levels Community Class	9:00 - 10:00 am (o) Outdoor Yoga Flow All Levels Teacher Rotation
9:00 - 10:00 am (s) Yoga Tune Up® Strengthen (in studio) All Levels Sunee LaClaire	9:00 - 10:30 am (v) Therapeutic Yoga Virtual All Levels Evalena Leedy	9:30 - 10:30 am (v) Yoga Blend Virtual All Levels Shamina Rao	6:00 - 7:00 pm (o) Outdoor Community Yoga Flow All Levels Community Class	9:30 - 10:30 am (v) Restorative Yoga Virtual Lento Hannah Gruber	11:00 - 12:15 pm (v) Yoga Blend Virtual Moderato Lisa Anderson	11:00 - 12:15 pm (v) Yoga Blend Virtual All Levels Georgia Lowe
11:00-12:00 pm (s) Renewal Yoga All levels Evalena Leedy	12:00 - 1:00 pm (v) Lunchtime Flow Virtual Moderato Erika Munro	11:30 - 12:45 pm (v) Yoga Tune Up® Virtual Lento Sunee LaClaire	7:00 - 8:00 pm (v)* Community Flow Virtual All Levels Berni Llanos	11:00 - 12:00 pm (v) Yin Yang Yoga Virtual Moderato Ariel Lim	4:00 - 5:15 pm (v) Therapeutic Yoga Virtual All Levels Evalena Leedy	4:00 - 5:00 pm (v) Stretch & Strengthen Virtual All Levels Hannah Gruber
6:00 - 7:00 pm (v) Yin Yang Yoga Virtual Moderato Hannah Gruber		5:00 - 5:50 pm (v) Yoga Integration Virtual All Levels Jennifer Kurdyla				5:30 - 6:30 pm (v)* Yoga Nidra All Levels Hannah Gruber
* Class scheduled on intermittent dates	YogaSole Class Levels:	Lento = Slow/Intro	Moderato = Moderate	Allegro = Advanced	YogaSole.com info@yogasole.com	(718) 635.1958