

# Fall Class Schedule

See our website for teacher bios and class descriptions.

(Oct 2023)

(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	9:00 - 10:00 am (s) <b>Yoga Blend</b> All Levels Shamina Rao	8:30-9:30 am (s) <b>Yoga Blend</b> All Levels Georgia Lowe	8:30 - 9:20 am (s) <b>Strengthen: Flow</b> Moderato Dena Levitz	8:00 - 9:00 am (s) <b>Yoga Blend</b> All Levels Shamina Rao	
9:00 - 10:00 am (s) <b>Strengthen: Flow</b> Moderato Jennifer Satnton	9:00 - 9:50 am (s) <b>Strengthen: Flow</b> Moderato Lisa Anderson	9:30 - 10:45 pm (v) <b>Therapeutic Yoga Online</b> All Levels Hannah Gruber	10:00-11:00 am (s) <b>Renewal Yoga</b> All levels Georgia Lowe	9:30 - 10:30 am (v) <b>Yin Yang Yoga Online</b> All Levels Ariel Lim	9:30 - 10:30 am (s) <b>Yoga Flow</b> All Levels Lisa Jill Anderson	9:30 - 10:30 am (s) <b>Community: Flow</b> All Levels Community Class
11:00-12:15 pm (s) <b>Renewal Yoga</b> All levels Erika Munro	10:15 - 11:15 am (s) <b>Gentle Yoga</b> Moderato Lisa Anderson	11:00-12:15 pm (s) <b>Renewal Yoga</b> All levels Erika Munro	11:30-12:20 pm (s) <b>Strength &amp; Stretch: Fusion</b> All levels Jennifer Kurdyla	10:00-10:50 am (s) <b>Strengthen: Core Fusion</b> Allegro Sunee LaClaire	11:00 - 12:15 pm (h) <b>Yoga Blend</b> (studio)&(online) Moderato Lisa Anderson	11:00- 12:15 pm (h) <b>Yoga Blend</b> (studio)&(online) All Levels Dena Levitz
2:45 - 4:00 AfterSchool PS 154 3rd- 5th	3:15 - 4:30 AfterSchool PS 154 1st - 2nd	3:30-5:00pm (s) <b>Afterschool Yoga</b> 2nd - 4th gr Sunee LaClaire	3:15 - 4:30 AfterSchool PS 154 K 5:00 - 6:00 Karate	11:15-12:15 pm (s) <b>Tension Release Yoga</b> All Levels Sunee LaClaire		
5:30 - 6:30 pm (s) <b>Yoga 101</b> Lento / Intro Hannah Gruber	5:30 - 6:30 pm (s) <b>Qi Gong</b> Lento / Intro Talia Steiger	5:30 - 6:30 pm (s) <b>PreNatal Yoga</b> Lento Shamina Rao		5:30 - 6:30 Karate	4:00 - 5:15 pm (v) <b>Therapeutic Yoga Online</b> All Levels Evalena Leedy	5:00 - 6:15 pm (h) <b>Yin &amp; Yoga Nidra</b> (studio)&(online) All Levels Hannah Gruber
7:00 - 8:00 pm (s) <b>Stretch: Flow</b> Moderato Hannah Gruber	7:30 - 8:30 pm (s) <b>Community: Flow</b> All Levels Community Class	8:00 - 9:00 pm (s) <b>Community: Slow Flow</b> All Levels Community Class	7:30 - 8:30 pm (s) <b>Community: Flow</b> All Levels Community Class			
<b>254 Windsor Place</b>	<b>(@11th Ave)</b>	<b>Brooklyn, NY 11221</b>		<b>YogaSole.com</b>	<b>info@yogasole.com</b>	<b>(718) 635.1958</b>

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