

# Sunset Park Fall Class Schedule

See our website for teacher bios and class descriptions.

(Oct 2024)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 am (s) <b>Strengthen: Flow</b> All Levels Isabelle Atallah	8:30-9:20 am (s) <b>Strengthen: Core Fusion</b> All Levels Sunee LaClaire	9:00 - 10:00 am (s) <b>Stretch: Flow</b> All Levels Sunee LaClaire	8:30-9:20 am (s) <b>Strengthen: Core Fusion</b> All Levels Sunee LaClaire	9:00 - 10:00 am (s) <b>Stretch: Flow</b> All Levels Lawrence Dreyfuss	8:00 - 9:00 am (s) <b>Yoga Flow</b> All Levels Isabelle Atallah	
10:30-11:30 am (s) <b>Yoga Flow</b> Lento/Intro Isabelle Atallah	10:00-11:00 am (s) <b>Tension Release Yoga</b> Lento Sunee LaClaire	10:30-11:30 am (s) <b>Gentle Yoga</b> Lento/Intro Erika Munro	10:00-11:00 am (s) <b>Yoga Unwind</b> Lento Erika Munro	10:30-11:30 am (s) <b>Yoga Flow</b> Lento/Intro Lawrence Dreyfuss	9:30 - 10:30 am (s) <b>Strength &amp; Stretch: Fusion</b> All Levels Sunee LaClaire	10:30 - 11:30 am (s) <b>Yoga Foundations</b> Intro Lawrence Dreyfuss
1:00 - 1:30 pm (o) <b>Online Meditation</b> All Levels Dena Levitz		12:00-1:00 pm (s) <b>Strength &amp; Stretch: Fusion</b> All Levels Erika Munro	11:30-12:20 pm (s) <b>Chair Yoga</b> All levels Erika Munro	1:00 - 1:30 pm (o) <b>Online Meditation</b> All Levels Kimberly Fondu	12:30 - 1:30 pm (s) <b>Community: Flow</b> All Levels Community Class	12:00 - 1:00 pm (s) <b>Yoga Flow</b> All Levels Lawrence Dreyfuss
		12:00 - 12:30 pm (o) <b>Online Meditation</b> All Levels Evalena Leedy			2:00 - 3:15 pm (s) <b>Yoga Flow</b> All Levels Sara Newman	
6:30 - 7:30 pm (s) <b>Community: Flow</b> All Levels Community Class	6:30 - 7:30 pm (s) <b>Stretch: Flow</b> All Levels Sara Newman	6:30 - 7:30 pm (s) <b>Community: Flow</b> All Levels Community Class	6:30 - 7:30 pm (s) <b>Stretch: Flow</b> All Levels Jennifer Lamberts Stanton	<b>2nd Friday</b> 6:00-7:00 pm (s) <b>Sound Bath</b> Stephanie Thompson	<b>3rd Saturday</b> 4:00 - 5:15 pm (s) <b>Yoga Unwind</b> All Levels Dena Levitz	
<b>132 32nd St. # 202</b>	<b>(@4th Ave)</b>	<b>Brooklyn, NY 11232</b>	<b>(718) 635.1958</b>	<b>YogaSole.com</b>	<b>info@yogasole.com</b>	

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