


# Class Schedule

See our website for teacher bios and class descriptions.

(Nov 2021)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 - 8:30 am (v) <b>Rise Yoga Virtual</b> All Levels Ariel Lim	8:45 - 9:35 am (s) <b>Strengthen: Flow</b> (in studio) Moderato Lisa Jill Anderson	9:00 - 10:00 am (s) <b>Yoga Flow</b> (in studio) All Levels Sunee LaClaire	9:30 - 10:30 am (s) <b>Baby &amp; Me</b> (in studio) All Levels Georgia Lowe	8:45 - 9:35 am (s) <b>Strengthen: Flow</b> (in studio) Moderato Sunee LaClaire	9:00 - 10:00 pm (s) <b>Community: Flow</b> (in studio) All Levels Community Class	
9:00 - 10:00 am (s) <b>Yoga Tune Up® Strengthen</b> (in studio) All Levels Sunee LaClaire	9:00 - 10:30 am (v) <b>Therapeutic Yoga Virtual</b> All Levels Evalena Leedy	9:30 - 10:30 am (v) <b>Yoga Blend Virtual</b> All Levels Shamina Rao	11:00 - 12:15 pm (v) <b>Therapeutic Yoga Virtual</b> All Levels Hannah Gruber	9:45 - 10:45 am (v) <b>Restorative Yoga Virtual</b> Lento Hannah Gruber	11:00 - 12:15 pm (h) <b>Yoga Blend</b> (in studio)&(online) Moderato Lisa Anderson	11:00 - 12:15 pm (v) <b>Yoga Blend Virtual</b> All Levels Georgia Lowe
11:00-12:00 pm (s) <b>Renewal Yoga</b> (in studio) All Levels Evalena Leedy		11:30 - 12:45 pm (h) <b>Yoga Tune Up®</b> (in studio)&(online) Lento Sunee LaClaire		11:00 - 12:00 pm (v) <b>Yin Yang Yoga Virtual</b> Moderato Ariel Lim	4:00 - 5:15 pm (v) <b>Therapeutic Yoga Virtual</b> All Levels Evalena Leedy	4:00 - 5:00 pm (v) <b>Stretch: Yin Virtual</b> All Levels Hannah Gruber
6:00 - 7:00 pm (h) <b>Stretch: Flow</b> (in studio)&(online) Moderato Hannah Gruber	6:00 - 7:00 pm (s) <b>Community: Flow</b> (in studio) All Levels Community Class	6:00 - 7:00 pm (s) <b>Yoga for Runners</b> (in studio) All Levels Lisa Jill Anderson	6:00 - 7:00 pm (s) <b>Community: Flow</b> (in studio) All Levels Community Class			
		7:00 - 8:00 pm (v) <b>Community Slow Flow Virtual</b> All Levels Community Class			<b>YogaSole.com</b> info@yogasole.com	<b>(718) 635.1958</b>

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