


Class Schedule

See our website for teacher bios and class descriptions.

(Apr 2022)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 - 8:30 am (v) Rise Yoga Online All Levels Ariel Lim	9:00 - 9:50 am (h) Strengthen: Flow (in studio)&(online) Moderato Lisa Jill Anderson	9:30 - 10:30 am (v) Yoga Blend Online All Levels Shamina Rao	8:30 - 9:30 pm (v) Yoga Blend Online All Levels Georgia Lowe	8:30 - 9:20 am (v) Strengthen: Flow Online Moderato Dena Levitz	9:00 - 10:00 pm (s) Community: Flow (in studio) All Levels Community Class	
9:00 - 10:00 am (h) Yoga Tune Up® Strengthen (in studio)&(online) All Levels Sunee LaClaire	9:00 - 10:30 am (v) Therapeutic Yoga Online All Levels Evalena Leedy	11:30 - 12:45 pm (h) Yoga Tune Up® (in studio)&(online) Lento Sunee LaClaire	11:00 - 12:15 pm (v) Therapeutic Yoga Online All Levels Hannah Gruber	9:45 - 10:45 am (v) Restorative Yoga Online Lento Hannah Gruber	11:00 - 12:15 pm (v) Yoga Blend Online Moderato Lisa Anderson	11:00 - 12:15 pm (v) Yoga Blend Online All Levels Georgia Lowe
11:00-12:00 pm (s) Renewal Yoga (in studio) All levels Lisa Jill Anderson	11:00-12:00 pm (s) Musical Flow (in studio) Moderato Sunee LaClaire	6:00 - 7:00 pm (s) Yoga w/Resistance Bands (in studio) All Levels Lisa Jill Anderson		11:00 - 12:00 pm (v) Yin Yang Yoga Online Moderato Ariel Lim	4:00 - 5:15 pm (v) Therapeutic Yoga Online All Levels Evalena Leedy	4:00 - 5:00 pm (h) Yin Yang Yoga (in studio)&(online) All Levels Hannah Gruber
6:00 - 7:00 pm (h) Stretch: Flow (in studio)&(online) Moderato Hannah Gruber	6:00 - 7:00 pm (s) Community: Flow (in studio) All Levels Community Class	7:30 - 8:30 pm (v) Community Slow Flow Online All Levels Community Class	6:00 - 7:00 pm (s) Community: Flow (in studio) All Levels Community Class			7:30 - 8:30 pm (h) Yoga Nidra (in studio)&(online) All Levels Hannah Gruber
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YogaSole Class Levels: Lento = Slow/Intro Moderato = Moderate Allegro = Advanced