

Mindful May Class Schedule

See our website for teacher bios and class descriptions.

(May 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 (o) Strengthen: Flow Outdoor Moderato Lisa Jill Anderson		8:30-9:30 pm (o) Yoga Blend Outdoor All Levels Georgia Lowe	8:30 - 9:20 am (v) Strengthen: Flow Online Moderato Dena Levitz		
9:00 - 10:00am (h) Mindful Meditation (in studio)&(online) All Levels Alexeyeva Smith	9:00 - 10:30 am (v) Therapeutic Yoga Online All Levels Evalena Leedy	9:30 - 10:30 am (v) Yoga Blend Online All Levels Shamina Rao	10:00 - 11:00 am (o) Qi Gong Outdoor All Levels Kate Mansfield	9:45 - 10:45 am (v) Restorative Yoga Online Lento Hannah Gruber	9:00 - 10:00 pm (o) Community: Flow Outdoor All Levels Community Class	9:00 - 10:00 pm (o) Outdoor Flow All Levels Rotation
11:00-12:00 pm (s) Renewal Yoga (in studio) All levels Erika Munro	11:00-12:00 pm (s) Musical Flow (in studio) Moderato Sunee LaClaire	11:00 - 12:00pm (h) Breathe (in studio)&(online) All Levels Alexeyeva Smith	11:00 - 12:15 pm (v) Therapeutic Yoga Online All Levels Hannah Gruber	11:00 - 12:00 pm (v) Yin Yang Yoga Online Moderato Ariel Lim	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
	12:30-1:15 pm (v) Mindfulness for the Booked & Busy Online All Levels Dena Levitz	6:00 - 7:00 pm (s) Yoga w/Resistance Bands (in studio) All Levels Lisa Jill Anderson	6:00 - 7:00 pm (s) Community: Flow (in studio) All Levels Community Class	12:30 - 1:15 pm (h) Book Club <u>The Miracle of Mindfulness</u> by Thich Nhat Hanh	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
6:30 - 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				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