

Summer Class Schedule

See our website for teacher bios and class descriptions.

(June / July 2023)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 am (s) Strengthen: Flow Moderato Jennifer Satnton	9:00 - 10:30 am (v) Therapeutic Yoga Online All Levels Evalena Leedy	9:00 - 10:00 am (h) Yoga Blend (studio)&(online) All Levels Shamina Rao	8:30-9:30 am (s) Yoga Blend All Levels Georgia Lowe	8:30 - 9:20 am (o) Outdoor Strengthen: Flow Moderato Dena Levitz	9:30 - 10:30 am (s) Yoga Flow All Levels Lisa Jill Anderson	9:00 - 10:00 am (o) Outdoor Community: Flow All Levels Community Class
11:00-12:15 pm (s) Renewal Yoga All levels Sunee LaClaire	9:00 - 9:50 am (s) Strengthen: Flow Moderato Lisa Anderson	11:00-12:15 pm (s) Renewal Yoga All levels Sunee LaClaire	10:00-11:00 am (s) Renewal Yoga All levels Georgia Lowe	10:00 - 11:00 am (v) Yin Yang Yoga Online All Levels Ariel Lim	11:00 - 12:15 pm (h) Yoga Blend (studio)&(online) Moderato Lisa Anderson	11:00- 12:15 pm (h) Yoga Blend (studio)&(online) All Levels Dena Levitz
			11:00 - 12:15 pm (v) Therapeutic Yoga Online All Levels Evalena Leedy	10:30-11:30 am (s) Tension Release Yoga All Levels Sunee LaClaire		
5:30 - 6:30 pm (s) Yoga 101 Lento / Intro Shamina Rao	5:30 - 6:30 pm (s) Yoga & Qi Gong Lento / Intro Talia Steiger	5:30 - 6:30 pm (s) PreNatal Yoga Lento Shamina Rao		12:30-1:20 am (s) Strengthen: Core Fusion All Levels Sunee LaClaire		
7:00 - 8:00 pm (s) Stretch: Flow Moderato Shamina Rao	7:00 - 8:00 pm (o) Outdoor Community: Flow All Levels Community Class	8:00 - 9:00 pm (s) Community: Slow Flow All Levels Community Class	7:30 - 8:30 pm (s) Community: Flow All Levels Community Class		4:00 - 5:15 pm (v) Therapeutic Yoga Online All Levels Evalena Leedy	5:00 - 6:15 pm (h) Yin & Yoga Nidra (studio)&(online) All Levels Talia Steiger
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YogaSole Class Levels: Lento = Slow/Intro Moderato = Moderate Allegro = Advanced

