

Winter Class Schedule

See our website for teacher bios and class descriptions.

(Feb 2024)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	9:00 - 10:30 am (v) Therapeutic Yoga Online All Levels Evalena Leedy	9:00 - 10:00 am (s) Yoga Blend All Levels Shamina Rao	8:30-9:30 am (s) Yoga Blend All Levels Georgia Lowe	8:30 - 9:20 am (s) Strengthen: Flow Moderato Dena Levitz	8:00 - 9:00 am (s) Yoga Blend All Levels Shamina Rao	
9:00 - 10:00 am (s) Strengthen: Flow Moderato Jennifer Satnton	9:00 - 9:50 am (s) Strengthen: Flow Moderato Lisa Anderson	9:30 - 10:45 am (v) Therapeutic Yoga Online All Levels Hannah Gruber	10:00-11:00 am (s) Renewal Yoga All levels Georgia Lowe	9:30 - 10:30 am (v) Yin Yang Yoga Online All Levels Ariel Lim	9:30 - 10:30 am (s) Yoga Flow All Levels Lisa Jill Anderson	9:30 - 10:30 am (s) Community: Flow All Levels Community Class
10:30-11:30 am (s) Gentle Yoga All levels Erika Munro	10:15 - 11:15 am (s) Gentle Yoga Moderato Lisa Anderson	10:30-11:30 am (s) Strengthen: Core & Restore All levels Erika Munro	11:30-12:20 pm (s) Strength & Stretch: Fusion All levels Jennifer Kurdyla	10:00-10:50 am (s) Strengthen: Core Fusion Allegro Sunee LaClaire	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
12:00-1:00 pm (s) Strength & Stretch: Fusion Moderato Erika Munro		12:00-1:00 pm (h) Yoga Unwind All levels Erika Munro		11:15-12:15 pm (s) Tension Release Yoga All Levels Sunee LaClaire		
5:30 - 6:30 pm (s) Yoga 101 Lento / Intro Hannah Gruber	6:00 - 7:00 pm (s) Qi Gong Lento / Intro Talia Steiger	5:30 - 6:30 pm (s) PreNatal Yoga Lento Shamina Rao			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 Hannah Gruber
7:00 - 8:00 pm (s) Stretch: Flow Moderato Hannah Gruber	7:30 - 8:30 pm (s) 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			
254 Windsor Place	(@11th Ave)	Brooklyn, NY 11221		YogaSole.com	info@yogasole.com	(718) 635.1958

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