

FALL SCHEDULE

MONDAY

9am **Morning Flow**-Bethany
10:30am **Yin**-Bethany
4:30pm **All Levels**-
Sarah G
6-7:15pm **Yoga 101: 6 week
Beginner Series**- Heather

TUESDAY

6:30am **Sunrise Power**-
Margaux
9am **Morning Flow**-
Heather
6pm **All Levels** -
Margaux

WEDNESDAY

6:30am- **Sunrise Power**-
Olivia
10:30am **Gentle Flow**-
Heather
4:30pm **Yin**- Bethany
6pm **All Levels**-Erin

THURSDAY

6:30am **Sunrise**-Brenna
9am **All Levels**-Sarah J
4:30pm **Gentle Flow**-
Jenni
6pm **All Levels**-Margaux

FRIDAY

9am **Morning Flow**-
Shelly
10:30am **Gentle Flow**-
Bethany
4:30pm **Flow and
Release**-Annie C

SATURDAY

9am **All Levels**-
Sarah/Heather
10:30am **Gentle Flow**-
Brenna

SUNDAY

10am **Morning Flow**-
Bethany
4pm **Yin**-Bethany



