

October 4 2021**Most classes are Hybrid:** In Studio & ZoomSome are NO zoom Some are Zoom ONLY Most are 60 min, **Some 75 min.****NEW** are in Red. **Courses** in Purple.**All subject to change.****Monday:**

9:00 am	Ashtanga Flow 75 min.	Amy
10:30 am	All Levels	Sheila
3:30 pm	Gentle/Beginner	Lyn
5:45 pm	All Levels	Aimee

6:00 pm Course: Meditation/Gentle Yoga FALL START: Sheila 11/8 NO Zoom

7:15 pm	Gentle/Beginner	Beth
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Tuesday:

7:00 am	Morning Yoga Flow	Janine Zoom Only
9:00 am	Ashtanga Flow 75 min.	Sheila
10:30 am	Gentle/Beginner	Joanne
5:45 pm	All Levels	Lauri
6:00 pm	Ashtanga Flow 75 min.	Lisa NO Zoom

Wednesday:

9:00 am	Ashtanga Flow 75 min.	Hannah
9:00 am	All Levels	Jane NO Zoom
1:30 am	Chair Yoga	Cat NO zoom
3:30 pm	Gentle/Beginner	Sheila
5:45 pm	Vinyasa Flow	Sheila
6:00 pm	Gentle/Beginner	Cat NO Zoom

Thursday:

7:00 am	Morning Yoga Flow	Janine Zoom Only
9:00 am	Ashtanga Flow 75 min.	Sheila
10:30 am	Gentle/Beginner	Joanne
5:45 pm	Gentle/Beginner	Sheila

6:00 pm Course: Ashtanga Flow Yoga NEW START: 10/14 Lisa NO Zoom**Friday:**

9:00 am	Ashtanga Flow 75 min.	Kathleen NO Zoom
9:00 am	Moderate	Lauri
6:00 pm	TGI Friday Flow	Steve

Saturday:

7:30 am	Ashtanga Hour	Hannah
9:00 am	Gentle/Beginner	Cat
9:15 am	Moderate	Jane NO Zoom
10:30 am	All Levels	Jeff

Sunday:

9:00 am	Ashtanga Flow 75 min.	Hannah
10:30 am	Gentle Yin	Michele
6:00 pm	All Levels	Beth

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