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September 6, 2021 Most classes are **Hybrid**, in studio & zoom
Some are NO zoom **Some** are Zoom ONLY Most are 60 min, **Some 75 min.**
NEW are in Red. **Courses** forming 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 Kripalu All Levels Aimee

Course: 6:00 pm Meditation/Gentle Yoga NO Zoom Sheila start 9/27

7:15 pm Kripalu Gentle/Beginner Beth

Tuesday:

7:00 am Morning Yoga Flow Zoom Only Janine

9:00 am Ashtanga Flow 75 min. Sheila

10:30 am Gentle/Beginner Joanne

5:45 pm All Levels Lisa (ends 9/7)

5:45 pm All Levels Lauri start 9/14

6:00 pm Ashtanga Flow 75 min. NO Zoom Lisa start 9/14

Wednesday:

9:00 am Ashtanga Flow 75 min. Hannah

9:00 am All Levels NO zoom Jane

1:30 am Chair Yoga NO zoom Cat

3:30 pm Kripalu Gentle/Beginner Sheila

5:45 pm Vinyasa Flow Sheila

6:00 pm Gentle/Beginner NO zoom Cat start 9/29

Thursday:

7:00 am Morning Yoga Flow Zoom Only Janine

9:00 am Ashtanga Flow 75 min. Sheila

10:30 am Gentle/Beginner Joanne

5:45 pm Gentle/Beginner Sheila

Course: 6:00 pm Ashtanga Flow NO Zoom Lisa start 9/30

Friday:

9:00 am Ashtanga Flow 75 min. NO Zoom Kathleen

9:00 am Moderate Lauri

6:00 pm TGI Friday Flow Steve (NEW Zoom on 9/10)

Saturday:

7:30 am Ashtanga Hour Hannah start 9/11

9:00 am Gentle/Beginner Cat

9:15 am Moderate NO zoom Jane start 9/11

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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