

Most classes are Hybrid: In Studio & Zoom.

Some are NO zoom, while some are Zoom ONLY. most are 60 min, [Some 75 min.](#)

This is the "core schedule" visit the web for courses and special classes offered regularly.

Monday:

| | | |
|----------|---------------------------------------|---------|
| 9:00 am | Ashtanga Flow 75 min. | Amy |
| 10:30 am | All Levels | Sheila |
| 3:30 pm | Gentle/Beginner | Michele |
| 5:45 pm | All Levels | Aimee |
| 7:15 pm | Gentle/Beginner | Beth |

Tuesday:

| | | |
|----------|--|------------------|
| 7:00 am | Morning Yoga Flow | Janine Zoom Only |
| 9:00 am | Ashtanga Present Power 75 min. | Sheila |
| 10:30 am | Gentle/Beginner | Joanne |
| 5:45 pm | All Levels | Lauri |
| 6:00 pm | Ashtanga Present Power 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 |

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 |
| 12 pm | Family Yoga 1X a month | Hannah (visit the web for dates) |
| 6:00 pm | All Levels | Beth |

Visit www.heartsongyoga.com.

Passes/Classes on heartsongyoga.punchpass.com

All subject to change.