

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 Yin/Beginners welcome	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 Self Practice 75 min.	Rotating leaders, 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/Beginners welcome	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.