

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Evening Classes								
Time:	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30pm	
Class:	New ! Yoga for Teens and Tweens w/Meg M.	Barre/Pilates w/Marcela	Gentle Hatha w/Michele	Gentle Hatha w/Kat	Core Conditioning w/Jess	Yin Yoga w/Michele	Barre/Pilates w/Marcela	Gentle Hatha w/Erin
Room:	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room
Time:	6:00 PM	6:00 PM		6:00 PM	6:00 PM	6:00 PM	6:00 PM	
Class:	Flow and Let Go w/Meg M.	Soulful Slow Flow w/Susanne H.		Slow Flow w/Courtney	Hatha and Meditation w/Robin	Slow Flow w/Linda	Yin & Myofascia Release w/Marcela	
Room:	Main Studio	Main Studio		Main Studio	Main Studio	Main Studio	Meditation Room	
Time:		7:15PM	7:15 PM	7:15 PM	7:15 PM			
Class:		Stretch & Restore w/Tara	Restorative Yin w/Melissa T.	Flow and Let Go w/Meg M.	Weekly Rotating Classes /Teachers			
Room:		Main Studio	Main Studio	Main Studio	Main Studio			
						Special Classes and Workshops	Special Classes and Workshops	

Notes:

-Beginners: Gentle Hatha, Mobility/Fascia Lab, Stretch & Restore and Yin are all great places to start. Namaste

-Therapeutic Massage, Reiki, Reflexology, Thai and Ayurvedic Appointments can only be scheduled directly by phone or email. Visit our website for Events and Appointments