

Lucky Elephant Yoga and Wellness

Monday

9:00–10:15 a
Classic Flow –
All Levels

10:30–11:30 a
Gentle Yoga

4:30–5:30 p
Classic Flow –
All Levels

6:00–7:15 p
Classic Flow –
Community
(donation) class

Tuesday

9:30–10:45 a
Classic Flow –
All Levels
(babysitting
offered)

12:00–1:00 p
Yin Yoga

5:30–6:45 p
Classic Flow –
All Levels

7:00–8:00 p
Gentle Yoga

Wednesday

9:00–10:15 a
Classic Flow –
All Levels
(babysitting
offered)

10:30–11:30 a
Gentle Yoga

4:30–5:30 p
Classic Flow –
All Levels

6:00–7:15 p
Classic Flow –
All Levels

7:30–8:00 p
Meditation

Thursday

9:30–10:45 a
Classic Flow –
All Levels

12:00–1:00 p
Stretch and
Flow

5:30–6:45 p
Yoga Basics

7:00–8:00 p
Yin Yoga

Friday

9:00–10:15 a
Classic Flow –
All Levels

5:00–6:15 p
Classic Flow –
All Levels

6:30–7:45 p
Restorative
Yoga

Saturday

9:00–10:15 a
Classic Flow –
All Levels

11:00–12:15 p
Classic Flow –
Community
(donation) class

Sunday

8:15–8:45 a
Meditation

9:00–10:15 a
Yin/Yasa Yoga

10:30–11:30 p
Stretch and
Flow

4:00–5:00 p
Mamaste –
Prenatal/
Postnatal