

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am – 10:15am Yoga for Spinal Awakening Vinyasa style yoga (Maryann) 60 min Level 2	9:15 am – 10:15am Slow Morning Flow Vinyasa style yoga (Shannon) 60 min Level 1-2	9:15 am – 10:15am Energy & Flow Yoga Vinyasa style yoga (Michelle) 60 min Level 2	9:15 am – 10:15am Mindful Gentle Yoga (Sara) 60 minutes Level 1	9:15 am – 10:15am Friday's Flow to Let Go (Dani) 60 minutes Level 2	9:15am – 10:15am Internal Fire & Flow (Shelly) 60 minutes Level 2
10:30am – 11:30am Yin Yoga for - Deep Stretching (Maryann) 60 min Therapeutic / Level 1 Mix	10:30 am – 11:30am Core & More Fitness class (April) 60 min Level 2	10:30 am – 11:30am Restorative Yoga with Thai stretches (April) 60 minutes Therapeutic / Level 1 Mix	10:30 am - 11:30am Barre & More Fitness class (April) 60 min Level 2	10:30am – 11:30am Gentle Beginnings (Dani) 60 min Level 1	10:30 am – 11:45am Gentle / Restorative Yoga (Shelly) 75 min Therapeutic / Level 1
					SUNDAY 10:30am – 11:30am Peaceful Sunday Yoga Level 1 60 min (Emilie & Sara)
6:00pm – 7:00pm Soulful Flow & Surrender (Michelle) 60 minutes (level 2)	6:00pm – 7:00pm Vibe & Flow Vinyasa Style Yoga (Stephanie) 60 minutes (level 1-2)	6:00pm – 7:00pm Anything Goes Wednesday; Hatha / Yin Yoga (Maryann) 60 minutes (Level 1)	6:00pm – 7:00pm Calmed Yoga Flow (Maria) 60 minutes (level 1-2)	WORKSHOPS	

Your Karma January 2026 Class Schedule

Yourkarmayoga.com