

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45am Early Morning Flow (Tiffany) 60 min Level 1-2 No virtual option			
9:15am Yoga for Spinal Awakening (Maryann) 60 min Level 1-2	9:15 am Awaken & Flow (Shannon) 60 min Level 2	9:15 am Energy & Flow Yoga (Michelle) 60 min Level 2	9:15 am Gentle Yoga & Thai Stretching (April) 60 min Level 1 No virtual option	9:15 am Yoga Sculpt (Rachel) 60 min Level 2	9:00am Internal Fire & Flow Yoga (Rotating Teacher) 75 min Level 2+
10:30am Deep Stretch Yoga (Maryann) 75 min Therapeutic / Level 1 Mix	10:30 am Core & More (April) 60 min Level 1-2	10:30 am Gentle Beginnings Yoga (Shelly) 75 min Therapeutic / Level 1 Mix	10:30 am Core & More (April) 60 min Level 1-2	10:30am Yoga Basics (Danielle) 60 min Level 1	10:30 am Yoga to Relax and Restore (Shelly) 90 min Therapeutic / Level 1 No virtual option
4:30 pm Gentle Flow & Deep Stretch (Megan) 60 min Level 1	4:30pm Calmed Yoga Flow (April) 60 min Level 1	4:30pm Yoga to Stretch & Flow (Shelly) 75 min Level 1-2	4:30pm Willpower & Grace Vinyasa Flow Yoga (Ashley) 60 min Level 2		Sunday Peaceful Sunday Morning 10:30am Level 1 60 min Barb / Emilie No Virtual option
6:30 pm Soulful Yoga Flow (Danielle) 60 min Level 2	6:00pm Barre Fusion (April) 60 min Level 1-2	6:30 pm Yin to Restore Yoga (Shelly) 75 min Therapeutic Inspired	6:00 pm Slow Flow & Stretch (Danielle) 60 min Level 1-2	WORKSHOPS	

Your Karma July 2022 Class Schedule
www.yourkarmayoga.com