

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am Yoga to Awaken Your Spine (Maryann) 60 min Level 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 with Thai Stretching (April) 60 min Therapeutic / Level 1 Mix 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 Yoga (Shelly) 75 min Therapeutic / Level 1 Mix	10:30 am Core & More (April) 60 min Level 1-2	10:30am Yoga Beginnings (Danielle) 60 min Level 1	10:30 am Restore with Thai Stretching (Shelly) 90 min Therapeutic inspired No virtual option
4:30 pm 5 Elements of Yoga (Shelly) 60 min Level 2	4:30pm Calmed Yoga Flow (April) 60 min Level 1	4:30pm Yoga Sculpt & Flow (Sonya) 60 min Level 2	4:30pm Gentle Flow & Stretch (Mallory) 60 min Level 1		Sunday Peaceful Sunday Morning 10:30am Level 1 60 min Barb Keeler / Emilie Michael No Virtual option
6:00pm Gentle Yoga for Stretching & Grace (Shelly) 60 min Therapeutic / Level 1 Mix	6:00pm Barre Fusion (April) 60 min Level 2	6:00pm Gentle Yoga to Relax & Restore (Shelly) 75 min Therapeutic / Level 1 Mix	6:00 pm Willpower & Grace Vinyasa Flow (Ashley) 75 min Level 2	WORKSHOPS	