

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am Early Morning Flow (Carley) 60 min Level 2 No Virtual option					
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 Level 1	9:15 am Barre Fusion (Susan) 60 min Level 2	9:00am Internal Fire & Flow Yoga (Rachel) 75 min (Level 2-3)
10:30am Simply Yin Yoga (Maryann) 75 min Therapeutic Inspired	10:30 am Gentle Yoga (Shelly) 60 min Level 1	10:30 am Restore & Renew (Michelle) 60 min Therapeutic Inspired	10:30 am Core & More (April) 60 min Level 2	10:30am Relax & Restore (Susan) 60 min Therapeutic Inspired	10:30 am Restore & Thai Stretching (Shelly) 90 min Therapeutic inspired No virtual option
		12:15 pm Fast 45 Yoga Sculpt & Flow (Sonya) 45 min Level 2 No virtual option			
4:30 pm Hatha Yoga (Kate) 60 min Level 2	4:30pm Calmed Yoga Flow (April) 60 min Level 1-2	4:30pm Prana flow & Peace (April) 60 min Level 1-2	4:30pm Flex & Flow Yogalates (Shelly) 60 min Level 2		
6:00 pm Slow Evening Flow (Kate) 60 min Level 1	6:00pm Barre Fusion (April) 60 min Level 2		6:00pm Yin to Restore Yoga (Shelly) 75 min Therapeutic Inspired	WORKSHOPS June 11 th 2021 6:30pm – 9pm Yoga & Wine	SUNDAY 7:00 Peaceful Sunday Yoga (Therapeutic inspired or Level 1 class) 60 min (Rotating Teacher) Donation Class

Your Karma June 2021 Class Schedule
www.yourkarmayoga.com