



Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>Evening Classes</b>								
<b>Time:</b>	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30pm	
<b>Class:</b>	<b>New ! Yoga for Teens and Tweens w/Meg M.</b>	<b>Barre/Pilates w/Marcela</b>	<b>Gentle Hatha w/Michele</b>	<b>Gentle Hatha w/Kat</b>	<b>Core Conditioning w/Jess</b>	<b>Yin Yoga w/Michele</b>	<b>Barre/Pilates w/Marcela</b>	<b>Gentle Hatha w/Erin</b>
<b>Room:</b>	Main Studio	Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio	Meditation Room
<b>Time:</b>	6:00 PM	6:00 PM		6:00 PM	6:00 PM	6:00 PM	6:00 PM	
<b>Class:</b>	<b>Flow and Let Go w/Meg M.</b>	<b>Soulful Slow (Vinyasa) Flow w/Susanne H.</b>		<b>Slow Flow w/Courtney</b>	<b>Hatha and Meditation w/Robin</b>	<b>Slow Flow w/Linda</b>	<b>Yin &amp; Myofascia Release w/Marcela</b>	
<b>Room:</b>	Main Studio	Main Studio		Main Studio	Main Studio	Main Studio	Meditation Room	
<b>Time:</b>		7:15PM	7:15 PM	7:15 PM	7:15 PM			
<b>Class:</b>		<b>Stretch &amp; Restore w/Tara</b>	<b>Restorative Yin w/Melissa T.</b>	<b>Flow and Let Go w/Meg M.</b>	<b>Weekly Rotating Classes /Teachers</b>			
<b>Room:</b>		Main Studio	Main Studio	Main Studio	Main Studio			
						<b>Special Classes and Workshops</b>	<b>Special Classes and Workshops</b>	

**Notes:**

-Beginners: Gentle Hatha, Mobility/Fascia Lab, Stretch & Restore and Yin are all great places to start. Namaste

-Therapeutic Massage, Reiki, Reflexology, Thai and Ayurvedic Appointments can only be scheduled directly by phone or email. Visit our website for Events and Appointments