

Class Info	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Evening Classes							
Time:		4:30 PM	4:30 PM	4:30 PM	4:30 PM	4:30 PM	
Class:		Yoga Sculpt	Gentle Hatha w/Michele	Gentle Hatha w/Kat	Yoga Sculpt	Hatha Yoga w/Michele	Gentle Hatha w/Erin
Room:		Main Studio	Meditation Room	Main Studio	Main Studio	Meditation Room	Main Studio
Time:	6:00 PM	6:00 PM		6:00 PM			
Class:	Flow and Let Go w/Meg M.	New Slow Flow w/Abby		Slow Flow w/Linda	Hatha and Meditation w/Robin		Meridian Flow w/Melissa
Room:	Main Studio	Main Studio		Main Studio	Main Studio		Main Studio
Time:			7:15PM	7:15 PM	7:15 PM		
Class:			Stretch & Restore w/Tara	Restorative Yin w/Melissa T.	Flow and Let Go w/Meg M.		Special Classes w/Rotating Teachers
Room:			Main Studio	Main Studio	Main Studio		Main Studio
						Special Classes and Workshops	Special Classes and Workshops

Notes:

-Beginners: Gentle Hatha, Fascia Classes, 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