

	Sun 11	Mon 12	Tue 13	Wed 14	Thu 15	Fri 16	Sat 17
GMT-05							
4am							
5am							
6am							
7am		Beginner Yoga 6:30am, 5 Dover Village Plaz		Yoga Foundations 6:30am, 5 Dover Village Plaz		Foundational Yoga 7am, 3066 NY-22	Foundational Yoga 7am, 3066 NY-22
8am		Morning Honey Flow (Slow F 7:45am, 5 Dover Village Plaz		Morning Slow Flow 7:45am, 5 Dover Village Plaz			
9am						All Level Vinyasa Yoga 8:15am, 3066 NY-22	Own Your Power Hour-Stren 8:15am, 3066 NY-22
10am		All Level Vinyasa Yoga 9:15am, 5 Dover Village Plaz		All Level Vinyasa Yoga 9:15am, 5 Dover Village Plaz		Chair Yoga 9:30am, 3066 NY-22	Restorative Yoga 9:30am, 3066 NY-22
11am		Restorative Yoga 10:30am, 5 Dover Village Pla		Restorative Yoga 10:30am, 5 Dover Village Pla		Restorative Yoga 10:45am, 3066 NY-22	Yoga for Young Adults 10:45am, 3066 NY-22
12pm							
1pm				Chair Yoga 12 – 1pm			Zen Yoga 12pm, 3066 NY-22
2pm							
3pm							
4pm				Chill-dren's Yoga 3:30 – 4:30pm			
5pm							
6pm							
7pm							
8pm					Evening Vinyasa with Deb 7pm, 3066 NY-22		
9pm							
10pm							
11pm							

