

# YOGA & MEDITATION MORNING SCHEDULE

S	M	T	W	T	F	S
		6:30-7:30AM <i>SUNRISE FLOW</i>				
	8:00-8:30AM <i>CHOPRA MEDITATION</i>	7:45-8:15AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	7:45-8:15AM <i>CHOPRA MEDITATION</i>	8:00-8:30AM <i>CHOPRA MEDITATION</i>	
9:00-10:00AM <i>FLOW &amp; RESTORE</i>	9:00-10:00AM <i>INTRO TO CHOPRA VINYASA</i>		9:00-10:00AM <i>CHOPRA YOGA</i>	9:30-10:30AM <i>YOGA BASICS</i>	9:00-10:00AM <i>FLOW &amp; RESTORE</i>	9:15-10:30AM <i>Yoga &amp; Myofascial Release</i>
10:15-10:45AM <i>CHOPRA MEDITATION</i>			10:30-11:15AM <i>SOUND BOWL HEALING</i>		10:30-11:30AM <i>HEATED CHOPRA VINYASA</i>	10:45-11:45AM <i>HEATED CHOPRA VINYASA</i>



YOGA & MEDITATION

AFTERNOON/EVENING SCHEDULE

S	M	T	W	T	F	S
	12:00-1:00PM HEATED CHOPRA YOGA	12:00-1:00PM CHOPRA YIN	12:00-1:00PM HEATED CHOPRA VINYASA		12:30-1:15PM SOUND BOWL HEALING	
5:00-6:15PM STRETCH & SOOTHE	6:00-7:00PM WALL YOGA BASICS	5:30-6:45PM HEATED CHOPRA YOGA	5:45-7:00PM FLOW & RESTORE		6:30-7:45PM CHOPRA YIN & SOUND HEALING	
		7:00-8:00PM COMM. INTRO TO MEDITATION	7:15-8:00PM STRETCH & MYOFASCIAL RELEASE (starting 7/20)	6:30-7:45PM STRETCH & SOOTHE		





# REFORMER ROOM CLASS SCHEDULE

<i>S</i>	<i>M</i>	<i>T</i>	<i>W</i>	<i>T</i>	<i>F</i>	<i>S</i>
	8:30-9:30AM <i>FOUNDATIONS</i>	9:00-10:00AM <i>FOUNDATIONS</i>	8:30-9:30AM <i>ALL LEVELS</i>	9:00-10:00AM <i>PROGRESSIVE</i>	8:30-9:30AM <i>FOUNDATIONS</i>	9:00-10:00AM <i>PROGRESSIVE</i>
9:00-10:00AM <i>FOUNDATIONS</i>	9:30-10:30AM <i>ALL LEVELS</i>	10:00-11:00AM <i>ALL LEVELS</i>	9:30-10:30AM <i>PROGRESSIVE</i>	10:00-11:00AM <i>ALL LEVELS</i>	9:30-10:30AM <i>JUMPBOARD</i>	10:00-11:00AM <i>ALL LEVELS</i>
10:00-11:00AM <i>FOUNDATIONS</i>	10:30-11:30AM <i>FOUNDATIONS</i>	11:00-12:00PM <i>ALL LEVELS</i>	10:30-11:15AM <i>JUMPBOARD</i>	11:00-12:00PM <i>FOUNDATIONS</i>		11:00-12:00PM <i>FOUNDATIONS</i>
	5:30-6:30PM <i>FOUNDATIONS</i>	6:00-7:00PM <i>JUMPBOARD</i>	5:30-6:30PM <i>ALL LEVELS</i>	6:00-7:00PM <i>PROGRESSIVE</i>	5:30-6:30PM <i>FOUNDATIONS</i>	
	6:30-7:30PM <i>PROGRESSIVE</i> <i>(starts 5/16)</i>		6:30-7:30PM <i>ALL LEVELS</i>		6:30-7:30PM <i>ALL LEVELS</i>	



# AERIAL & BARRE STUDIO CLASS SCHEDULE

S	M	T	W	T	F	S
		8:00-9:00AM <i>BARRE STRENGTH</i>				
		9:30-10:30AM <i>EARTH &amp; AIR: GROUND AND AERIAL YOGA</i>			9:30-10:30AM <i>BARRE STRENGTH</i>	9:30-10:30AM <i>AERIAL YOGA (intermediate)</i>
10:45-11:45AM <i>LOW HAMMOCK "RESTORATIVE" AERIAL YOGA</i>						10:45-11:15AM <i>AERIAL MEDITATION</i>
	5:15-6:15PM <i>AERIAL CONDITIONING</i>	5:15-6:15PM <i>AERIAL YOGA (beginner)</i>			5:15-5:45PM <i>AERIAL MEDITATION</i>	
	6:30-7:30PM <i>BARRE STRENGTH</i>	6:30-7:30PM <i>YOGA+PILATES FUSION</i>	6:45-7:45PM <i>AERIAL YOGA (all levels)</i>		6:00-7:00PM <i>AERIAL YOGA (all levels)</i>	