

Weekly Schedule • DECEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
	6:00am <i>EARLY</i> warmpower candace	8:00am 'warm' is 85 degrees warmpower robyn		8:00am warmhatha jay	All classes EST & 60min unless noted all have virtual option	
10-11:15am grief movement alison <i>(2nd Sun)</i>	9:00am vinyasa alison	9:30am vinyasa kristyn	9:00am flow+focus melanie	9:30am vin-yin stephanie	9:00am vinyasa kristyn	9:00am vinyasa reg
10-11:15am slowflow +yin heather <i>(1st & 3rd Sun)</i>	10:30am gentle flow jennifer	great for beginners	10:30am chair heather		10:30am slowflow+yin anessia	10:30am chair <i>(1st & 3rd Sat)</i>
			12-12:45pm power 45 jay		12:00pm power candace	gentle flow <i>(2nd & 4th Sat)</i> anessia
	3:30-4:15pm <i>K-5th</i> kids yoga dani		4:30pm gentle flow lara	great for beginners		great for beginners
6:00pm yin+ meditation emma	6:15pm warmpower robyn	6:00pm hatha jay	6:15pm warm vinyasa reg	6:00pm gentle flow lara		
7:15pm <i>(2nd Sun)</i> nidra kerry	7:30pm Y12SR robyn	7:30pm yin + meditation anessia	'warm' is 85 degrees	7:30-8:45pm restorative kerry		check online for detailed class description