

WHY CLASS SCHEDULE | SPRING 2024

in-studio+online

in-studio only

online only (zoom)

MON	TUE	WED	THU	FRI	SAT	SUN
8:00-9:00 hour of power rachel					8:00-9:15 gentle yoga kathy	
					9:00-10:15 why power jen	8:30-9:45 hot yoga nicola
9:15-10:30 why all levels jude	9:15-10:30 gentle yoga nina	9:15-10:30 gentle yoga sarah w.	9:15-10:30 why all levels jude	9:15-10:30 gentle yoga susan		
	9:30-10:45 why power michael m.	9:30-10:45 why power emily	9:30-10:45 why power ali	9:30-10:45 why power nicola	9:30-10:30 gentle yoga [virtual only] nina	9:30-10:45 why all levels anne
					10:00-11:15 why all levels john d.	10:30-11:45 gentle yoga sharon
12:00-1:00 \$10 gentle sharon	12:00-1:00 \$10 hour of power linda	12:00-1:00 \$10 gentle + yin yoga kelly	12:00-1:00 \$10 gentle sharon	12:00-1:00 \$10 all levels linda	11:00-12:15 hot yoga nick/cindy	11:00-12:00 hour of power cheick/haley
		12:00-1:00 \$10 hot yoga nicola			3:00-4:00 hour of power kayla	3:30-4:30 \$10 community yoga staff
5:00-6:00 gentle yoga [virtual only] dina	4:30-5:30 why all levels john d.	4:30-5:30 hour of power michael m.	4:30-5:30 why all levels nina	4:30-5:30 hot yoga miranda		3:30-4:15 why kids mary 4.7 5.5
5:45-7:00 gentle yoga susan	5:45-7:00 intro to yoga staff <i>5wk series begins 4.16</i>	5:45-7:00 gentle yoga katie	5:45-7:00 prenatal yoga kate <i>4wk series begins 4.11</i>			5:00-6:15 why all levels linda
6:00-7:15 why power barbara	6:00-7:15 hot yoga nick	6:00-7:15 why power miranda	6:00-7:15 hot yoga cindy			
7:45-9:00 yin yoga kelly		7:45-9:00 yin yoga kyle	7:30-8:30 yoga+meditation mickey			

