

Schedule begins September 2013

Monday:

6:00am - 10:00am : Mysore - Seth
4:45pm - 6:00pm : Yoga for Runners - Seth
6:15pm - 7:45pm : Ashtanga I - Seth

Tuesday:

6:00am - 10:00am : Mysore – Seth
12:10pm – 12:55pm : Guided Meditation – Bryan (FREE CLASS)
4:45pm - 6:00pm : Core Strength Yoga - Amy
6:15pm - 7:45pm : Ashtanga II - Angie B
8:00pm - 9:15pm : Ashtanga I - Monica

Wednesday:

6:00am - 10:00am : Mysore - Seth/Jillana
4:45pm - 6:00pm : Ashtanga Flow - Crystal
6:15pm - 7:45pm : Ashtanga I/II - Seth
8:00pm - 9:15pm : Hot flow - Henri

Thursday:

6:00am - 10:00am : Mysore - Seth
4:45pm - 6:00pm : Core Strength Yoga
6:15pm - 7:45pm : Ashtanga I - Angie B

Friday:

6:00am - 10:00am : Mysore - Seth
12:10pm - 12:55pm : Ashtanga Flow - Chareen
4:45pm - 6:00pm : Yoga for Runners - Seth
6:15pm - 7:45pm : Full Primary Series - Angie B

Saturday:

11:00am - 12:30pm : Ashtanga I - Angie B

Sunday:

10:00am - 11:30am : Power Flow - Asmita
5:00pm - 6:30pm : Dig Deep - Jillana
7:00pm - 8:30pm : Restorative - Jillana

* Please contact the teacher before dropping into Ashtanga IV Students can arrive to the Mysore class anytime between 6-8:30am