



# Yoga Class Schedule

September 4<sup>th</sup> – 30<sup>th</sup>, 2018

Schedule subject to change

## Mondays

10:45am	Flow	Cara	CoreFit Room
6:00pm	Hips & Shoulders	Tess	Classroom

## Tuesdays

9:30am	Gentle	Perry	Classroom
6:30pm	Flow Beats	Tess	Classroom

## Wednesdays

9:30am	Flow	Cara	Clinic Studio
6:00pm (75 min)	Yin	Catherine	Studio

## Thursdays

9:30am	Power Vinyasa	Cara	Clinic Studio
7:15pm	Gentle	Perry	Classroom

## Fridays

7:00am	Flow/Yin	Catherine	CoreFit Room
10:45am	Yoga Stretch	Perry	CoreFit Room

## Saturdays

9:00am (90 min)	Yang/Yin	Cara	Clinic Studio
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## Sundays

9:00am	Hatha	Tess	Clinic Studio
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### Karma Yoga

Open to Community  
Saturday  
Sept. 15<sup>th</sup> @ 10am

### Meditation Flow

Yoga Members  
Sunday  
Sept. 30<sup>th</sup> @ 4pm



# Yoga Class Schedule

October 1<sup>st</sup> – November 4<sup>th</sup>

Schedule subject to change

## Mondays

10:45am	Flow	Cara	CoreFit Room
6:00pm	Hips & Shoulders	Tess	Classroom

## Tuesdays

9:30am	Gentle	Perry	Classroom
6:30pm	Flow Beats	Tess	Classroom

## Wednesdays

8:00am	Flow	Cara	CoreFit Room
6:00pm (75min)	Yin	Catherine	Classroom

## Thursdays

8:00am	Power Vinyasa	Cara	CoreFit Room
7:15pm	Gentle	Perry	Classroom

## Fridays

7:00am	Flow/Yin	Catherine	CoreFit Room
10:45am	Yoga Stretch	Perry	CoreFit Room

## Saturdays

9:00am (90min)	Yang/Yin	Cara	Clinic Studio
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## Sundays

9:00am	Hatha	Tess	Clinic Studio
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**Karma Yoga**  
Open to Community  
**Saturday**  
Oct. 13<sup>th</sup> @ 10am

**Meditation Flow**  
Yoga Members  
**Sunday**  
Oct. 28<sup>th</sup> @ 4pm