

# YOGA SCHEDULE

## MONDAY

6:30AM - 7:30AM MOBILITY/TRIGGER POINT RELEASE WITH CARLY BELLE

8:30AM - 9:30AM HOT POWER VINYASA WITH KATIE COLGATE

10:00AM - 11:00AM ALL LEVELS YOGA WITH STEPHANIE LEWIS

12:00PM - 1:00PM YIN YOGA WITH VICTORIA ROPER

4:00PM - 5:00PM FLOW & RESTORE WITH LAURI BUNTING

5:30PM - 6:45PM HOT POWER FLOW WITH JAIME SCHMITZ

## TUESDAY

8:15AM - 9:15AM SLOW FLOW WITH SANDY HAGEL

9:30AM - 10:30AM ALL LEVELS WITH DANIELLE CARRUTH

12:00PM - 1:00PM POWER FLOW VINYASA WITH MARYAM EHSANI

4:00PM - 5:00PM GUIDED MEDITATION WITH RYAN REDMAN

5:30PM - 6:30PM POWER FLOW VINYASA WITH KATIE MIDDEL

## WEDNESDAY

8:00AM - 9:00AM QI GONG WITH CAL MILLAR

9:30AM - 10:30AM ALL LEVELS WITH MEGAN MCCANN

12:00PM - 1:00PM HOT POWER HOUR WITH BRENDA POWELL

4:00PM - 5:00PM GENTLE YOGA WITH TYIA WILSON

5:30PM - 6:45PM HOT POWER FLOW WITH MARYAM EHSANI

# YOGA SCHEDULE

## THURSDAY

6:30AM - 7:30AM HOT POWER VINYASA WITH JAIME SCHMITZ

9:30AM - 10:30AM ALL LEVELS HATHA WITH PILAR TUMOLO

12:00PM - 1:00PM POWER FLOW VINYASA WITH MEGAN MCCANN

4:00PM - 5:00PM GENTLE YOGA STRETCH WITH ROTATING INSTRUCTOR

5:30PM - 6:30PM POWER FLOW VINYASA WITH MARYAM EHSANI

## FRIDAY

7:30AM - 8:30AM WARM FLOW WITH SANDI HAGEL

9:30AM - 10:30AM ALL LEVELS WITH BRENDA POWELL

12:00PM - 1:00PM HOT POWER HOUR WITH LISA RYAN-POWELL

3:30PM - 4:30PM RESTORATIVE WITH TYIA WILSON

## SATURDAY

8:30AM - 9:30AM HOT POWER FLOW WITH ROTATING INSTRUCTOR

11:00AM - 12:00PM WARM GENTLE WITH TYIA WILSON

## SUNDAY

9:30AM - 10:30AM ALL LEVELS HATHA WITH LISA RYAN-BOYLE

3:00PM - 4:15PM HOT POWER FLOW WITH BRENDA POWELL

5:00PM - 6:00PM RESTORATIVE WITH HOLBROOK NEWMAN