

# 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 LAURI BUNTING

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

2:00PM - 3:00PM ZEN ROLLER WITH SHANA BARRY

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

## TUESDAY

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

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

12:00PM - 1:00PM POWER FLOW VINYASA WITH KATIE MIDDLE

2:00PM - 3:00PM YIN RESTORATIVE WITH CATHIE CACCIA

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

6:00PM - 7:00PM POWER FLOW VINYASA WITH ROTATING INSTRUCTOR

## 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

8:00AM - 9:00AM HOT POWER VINYASA WITH KATIE COLGATE

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

12:00PM - 1:00PM YOGA FOR ATHLETES WITH YVETTE HUBBARD

4:00PM - 5:00PM YIN WITH BREATH WITH DANA HENRY

## 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 ROTATING INSTRUCTOR

4:00PM - 5:00PM RESTORATIVE WITH HOLBROOK NEWMAN

## SATURDAY

8:30AM - 9:30AM HOT POWER FLOW WITH MARYAM EHSANI

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

## SUNDAY

9:30AM - 10:30AM ALL LEVELS HATHA WITH TYIA WILSON

3:00PM - 4:15PM HOT POWER FLOW WITH ROTATING INSTRUCTOR

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