



































	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM		8-8:45 FREE Vipassana Meditation w/ Stephan	7:00-8:15 Slow Flow w/ Heather (All Levels)		7:00-8:15 Slow Flow w/ Heather (All Levels)		
9:30-11	Foundations of Hatha Yoga w/ Joe (All Levels)	Forrest Yoga w/ Kim (All Levels) 	Kundalini Yoga w/ Jess (All Levels) 	Hips & Healing Yoga w/ Svia (All Levels)  	Kundalini Yoga w/ Jess (All Levels) 	Forrest Yoga w/ Kim (All Levels) 	9:30-11:15 Hips & Healing Yoga w/ Svia (Level 2/3)  
12-1	NOON Flow HOT w/ Star (All Levels)  	NOON Flow Power w/ Sarah (All Levels)  	NOON Flow HOT w/ Star (All Levels)  	NOON Flow Power w/ Sarah (All Levels)  	Slow Flow w/ Adriana (All Levels)	TBA	11:45-1 Prenatal Yoga w/ Svia
1:30-4:15			<u>3-4PM</u> Baby & You Up to 2 w/ Svia				1:30-2:45 Breathe Restore, Relax Yoga w/ Adriana (All Levels)
4:30-5:45	Cleanse, Core, Explore w/ Jess (All Levels) 	Prenatal Yoga w/ Bree (All Levels)	Intro to Yoga w/ Joe (Level 1)	Forrest Yoga w/ Kim (Level 1/2) 	Intro to Yoga w/ Joe (Level 1)	TBA	Forrest Yoga w/ Shawn (Level 1/2) 
6:15-7:45	Hatha Yoga w/ Mahri (Level 1/2)	Freedom in Flow w/ Sarah (Level 2/3)  	Forrest Yoga w/ Kim (Level 2/3)  	Power Yoga w/ Star (All Levels)  	Forrest Yoga w/ Kim (Level 2/3)  	Power Yoga w/ Randie (All Levels)  	Reserved For Intensives & Workshops
8:15-9:45	Power Yoga w/ Sarah (All Levels)  	Forrest Yoga w/ Greta (All Levels) 	Power Yoga w/ Sarah (All Levels)  	Forrest Yoga w/ Greta (All Levels) 