

Midtown  
  
 Weekly Schedule

<u>Day</u>	<u>Time</u>	<u>Class</u>	<u>Studio</u>	<u>Level</u>	<u>Teacher</u>	
Monday	7-8am	Rise and Shine	A		Open Kathy	
	8:30-10am	Vinyasa Flow	A		Int/Adv Geoff	
	9-10am	Beginner Basics	B		Foundation Cyndi	
	10:30-11:45am	Alignment	A		Foundation Shantih	
	12-1pm	Vinyasa	A		Open Michelle	
	1:30-2:30pm	Vinyasa	A		Open Susan	
	5-6pm	Hot Yoga- Community	B		Open Laurie Jean	
	5:30-6:30pm	Vinyasa	A		Open Shantih	
	6:45-8pm	Yoga for the Buddha Body	B		Foundation Yolandra	
	7-8:15pm	Ayurvedic Yoga	A		Open Caroline	
Tuesday	6-7am	Vinyasa	A		Open Blayne	
	8:30-9:45am	Vinyasa	A		Open Cyndi	
	10:30-11:45am	Slow and Steady	A		Foundation Susan	
	12-1pm	Flow with Grace	A		Int/Adv Grace	
	5:15-6:15pm	Yoga for Cancer Survivors-Free	B		Foundation Caroline	
	5:30-6:30pm	Alignment	A		Foundation Shantih	
	6:30-7:45	Yoga for Life	B		Open Leslie	
	7-8:15pm	Vinyasa- Community	A		Open Caroline	
	Wednesday	7-8am	Rise and Shine	A		Open Kathy
		8:30-9:45am	Vinyasa Flow	A		Int/Adv Kirsti
9-10am		Beginner Basics	B		Foundation Cyndi	
10:30-11:30am		Alignment	A		Foundation Shantih	
12-1pm		Vinyasa	A		Open Rosalyn	
4-5pm		Grounded Kids Yoga	A		Foundation Stephany	
4-5pm		Hot Yoga	B		Open Lisa	
5:30-6:30pm		Vinyasa	A		Open Cate	
5:30-6:45pm		Body Rolling 101	B		Foundation Kathleen	
6:45-8pm		Vinyasa	A		Open Christy	
Thursday	7-8:30pm	Acro Jam	B		Open Grace	
	8:15-9:30pm	Good Vibrations- Community	A		Open Yolandra	
	7-8am	Alignment	A		Foundation Debbie	
	8:30-10am	Aerial Yoga	B		Open Grace	
	8:30-9:45am	Vinyasa Flow	A		Int/Adv Leila	
	10-11:15am	Ayurvedic Yoga	A		Foundation Caroline	
	12-1pm	Kripalu Yoga	A		Open Kirsti	
	4-5pm	Yoga Essentials	B		Foundation Carrie	
	5:30-6:30pm	Yoga Sculpt	A		Open Caroline	
	6-7:15pm	Hot Yoga	B		Open Laurie Jean	
Friday	7-8:15pm	Vinyasa	A		Open Rosalyn	
	7-8am	Yin Yoga	B		Foundation Steve	
	8:30-10am	Flow with Grace	A		Int/Adv Grace	
	10:30-11:30am	Alignment	A		Foundation Shantih	
	12-1pm	Vinyasa	A		Open Debbie	
	4-5pm	Yang Yin	B		Open Kevin	
	5:30-6:30pm	Restore Express	A		Open Caroline	
	7:15-8:30pm	TGIF Happy Hour- Community	A		Open Yolandra	
	Saturday	8:30-9:45am	Shakti Flow	A		Int/Adv Arline
		8:30-9:45am	Shake It Up	B		Open Hailey
10:15-11:30am		Alignment	A		Foundation Yolandra	
10:30-11:30am		Vinyasa	B		Open Lauren	
11:45am-1pm		Vinyasa	A		Open Steve	
12-1:15pm		Prenatal Yoga	B		Foundation Leigh Ann	
1:30-2:45pm		Slow Flow	A		Foundation Maggie	
4:30-6pm		Restorative	A		Foundation Christy	
Sunday		8:30-9:30am	Vinyasa	B		Open Leila
		9-10:15am	Alignment	A		Foundation Debbie
	10:30-12pm	Vinyasa	A		Open Christy	
	12:30-1:30pm	Pole Yoga	A		Open Hailey	
	3:30-4:45pm	Aerial Yoga	B		Open Grace	
	4-5:15pm	Slow Flow-N-Roll	A		Foundation Kathleen	
	5-6:30pm	AcroYoga	B		Open Grace	
	5:45-7pm	Vinyasa-Community	A		Open Teacher	
	7-8pm	Yin Yoga	B		Foundation Bonnie	