



August 2017 Schedule



Class Codes

- ★ Recommend for NEW students & pregnant women.
 - ✳ Intermediate - NOT for new students or beginners!
 - ★\$5 classes are included in monthly memberships.
 - M Mysore Membership Required.
 - 🕉 Philosophy, discussion, meditation.
- All classes are 75 minutes unless noted.

EAST END STUDIO 2226 Holiday Manor Shopping Center - The Walk Phone Catherine 502-424-5554			
Monday			
9:30 am	★ Hatha Yoga	1-2	Christiane Tawfik
11:00 am	★ Gentle Yoga	G	Tricia Nelson
6:00 pm	★ Hatha Yoga	1-2	Anne Kosko
Tuesday			
9:30 am	✳ Yoga Flow	2	Kara Price
11:00 am	★ Beg Hatha Yoga	1	Kara Price
5:00 pm	✳ Yoga Flow	1-2	Kara Price
6:30 pm	Pilates 60 min		Kara Price
Weds			
9:30 am	★ Hatha Yoga	1-2	Anne Kosko
11:00 am	★ Gentle Yoga	G	Anne Kosko
6:00 pm	★ Hatha Yoga	1-2	Jamie Turner
Thursday			
9:30 am	✳ Yoga Flow	2	Catherine Followell
11:00 am	★ Gentle Yoga	G	Becky Thompson
5:00 pm	✳ Yoga Flow	1-2	Kara Price
6:30 pm	Pilates 60 min		Kara Price
Friday			
9:30 am	★ Hatha Yoga	1-2	Anne Borders
11:00 am	★ Gentle Yoga	G	Anne Borders
Saturday			
8:30 am	✳ Intermediate Yoga	3	Laura Spaulding
10:00 am	★ Hatha Yoga	1-2	Laura Spaulding
Sunday			
10:00 am	★ Hatha Yoga	1-2	Anne Kosko
4:00 pm	★\$5 Community Yoga	1-2	Gul Marshall

ST MATTHEWS STUDIO 115 Wiltshire Avenue Phone or Text Susan 502-523-8020			
Monday			
10:00 am	★ Gentle Yoga	G	Anne Kosko
4:30 pm	★\$5 Beg Hatha Yoga	1	Karen Sorgel
6:15 pm	✳ Yoga Flow	1-2	Susan Reid
Tuesday			
10:00 am	★ Hatha Yoga	1-2	Becky Thompson
4:30 pm	★ Hatha Yoga	1-2	Suzy Hatcher
6:15 pm	★ Hatha Yoga (Sivan)	1-2	Susan Reid
6:15 pm	✳ Yoga Flow	1-2	Anne Borders
Weds			
10:00 am	★ Hatha Yoga	1-2	Carolina Ferro
4:30 pm	★\$5 Community Yoga	1-2	Emily Smith
6:15 pm	✳ Yoga Flow	1-2	Kate Mattingly
6:15 pm	★ Gentle Yoga	G	Denise Ford
Thurs			
10:00 am	★ Hatha Yoga	1-2	Brian Andriot
4:30 pm	★ Hatha Yoga	1-2	Nikki Ball
6:15 pm	✳ Ashtanga Yoga	2	Kate Mattingly
6:15 pm	★ Prenatal Yoga	1	Nikki Ball
Friday			
10:00 am	★ Hatha Yoga	1-2	Susan Reid
6:30 pm	✳ Yoga Flow	1-2	Amy DeFigueiredo
Saturday			
9:30 am	✳ Yoga Flow	1-2	Rachel Torres
11:30 am	★ Gentle Yoga	G	Roshi Vazinpour
Sunday			
9:45 am	✳ Hatha Yoga (Core)	2	Susan Reid
11:30 am	★ Gentle Yoga	G	Vrinda Kumar
1:15 pm	★\$5 Beg Hatha Yoga	1	Erin Kinnetz

HIGHLANDS STUDIO 1125 E Kentucky Street Phone (no text) Laura 502-585-9642			
Mysore-Style Ashtanga - Mysore Membership Required. Phone Laura Spaulding to register 502-585-9642			
Monday			
6:00 am	M Mysore Ashtanga	1 2 3	Laura S/John V
6:00 pm	★ Hatha Yoga	1-2	Brandi Mundo
Tuesday			
6:00 am	M Mysore Ashtanga	1 2 3	Laura S/Cath F
6:00 pm	★ Gentle Yoga	G	Erin Kinnetz
Weds			
6:00 am	M Mysore Ashtanga	1 2 3	Laura S/Gail M
11:00 am	★\$5 Gentle Yoga G	G	Leroy Chittenden
6:00 pm	★ Hatha Yoga	1-2	Kelli Torpey
Thursday			
6:00 am	M Mysore Ashtanga	1 2 3	Laura S/Alex T
4:00 pm	M Self Practice	2 3	Susan Reid
6:00 pm	★ Hatha Yoga	1-2	Laura Spaulding
Friday			
6:00 am	M Mysore Led	2 3	Erin Cronin
10:30 am	★\$5 Chair Yoga	G	Leroy Chittenden
4:00 pm	✳ Ashtanga Led	2 3	Joe Autry
5:30 pm	* Yoga Philosophy	🕉	Laura Spaulding
Saturday			
10:30 am	★ Hatha Yoga	1-2	Kim Eisner
Sunday			
7:30-9 am	M Mysore Led	2 3	Laura Spaulding
10:30 am	✳ Ashtanga Yoga	2	Caroline/Marcia
1:00 pm	★\$5 Community Yoga	1-2	Allison Longino

* Yoga Philosophy is a 16 week course, Aug 4 to Dec 15, introducing yoga history and philosophy. Hours count toward YE 200 Hr Certification. Register online or phone Laura at 502-585-9642, \$10 per class.