



## December 2017 Schedule



### Class Codes

- ★ Recommend for NEW students & pregnant women.
- ✘ Continuing-Intermediate - NOT for beginners!
- ★\$5 classes are included in monthly memberships.
- M Mysore Membership Required.

All classes are 75 minutes unless noted.

EAST END STUDIO 2226 Holiday Manor Shopping Center - The Walk Phone Catherine 502-424-5554		
<b>Monday</b>		
9:30 am	★ \$10 Chair Yoga 1hr	Catherine Followell
9:30 am	★ Hatha Yoga	Christiane Tawfik
11:00 am	★ Gentle Yoga	Tricia Nelson
6:00 pm	★ Hatha Yoga	Anne Kosko
<b>Tuesday</b>		
9:30 am	✘ Yoga Flow	Kara Price
11:00 am	★ Beg Hatha Yoga	Kara Price
5:00 pm	✘ Yoga Flow	Kara Price
6:30 pm	Pilates 60 min	Kara Price
<b>Weds</b>		
9:30 am	★ Hatha Yoga	Anne Kosko
11:00 am	★ Gentle Yoga	Anne Kosko
6:00 pm	★ Hatha Yoga	Jamie Turner
<b>Thursday</b>		
9:30 am	✘ Yoga Flow	Catherine Followell
11:00 am	★ Gentle Yoga	Becky Thompson
5:00 pm	✘ Yoga Flow	Kara Price
6:30 pm	Pilates 60 min	Kara Price
<b>Friday</b>		
9:30 am	★ Hatha Yoga	Anne Borders
11:00 am	★ Gentle Yoga	Anne Borders
<b>Saturday</b>		
10:00 am	★ Hatha Yoga	Laura Spaulding
<b>Sunday</b>		
10:00 am	★ Hatha Yoga	Anne Kosko
4:00 pm	★ Prenatal Yoga	Nikki Wolf

ST MATTHEWS STUDIO 115 Wiltshire Avenue Phone or Text Susan 502-523-8020		
<b>Monday</b>		
10:00 am	★ Gentle Yoga	Anne Kosko
4:30 pm	★\$5 Beg Hatha Yoga	Karen Sorgel
6:15 pm	✘ Hatha Yoga 2	Susan Reid
<b>Tuesday</b>		
10:00 am	★ Hatha Yoga	Becky Thompson
4:30 pm	★ Hatha Yoga	Suzu Hatcher
6:15 pm	★ Hatha Yoga Sivananda	Susan Reid
6:15 pm	✘ Yoga Flow	Anne Borders
<b>Weds</b>		
10:00 am	★ Hatha Yoga	Gul Marshall
4:30 pm	★ Hatha Yoga	Emily Smith
6:15 pm	✘ Yoga Flow	Kate Mattingly
6:15 pm	★ Gentle Yoga	Denise Ford
<b>Thurs</b>		
10:00 am	★ Hatha Yoga	Brian Andriot
4:30 pm	★\$5 Community Yoga	Doug Vanhouten
6:15 pm	✘ Ashtanga Yoga	Kate Mattingly
<b>Friday</b>		
10:00 am	★ Hatha Yoga	Susan Reid
6:30 pm	✘ Yoga Flow	Amy DeFigueiredo
<b>Saturday</b>		
9:30 am	✘ Yoga Flow	Rachel Torres
11:30 am	★ Gentle Yoga	Roshi Vazinpour
<b>Sunday</b>		
9:45 am	✘ ContinuingHatha(Core)	Susan Reid
11:30 am	★ Gentle Yoga	Vrinda Kumar
1:15 pm	★\$5 Beg Hatha Yoga	Erin Kinnetz

HIGHLANDS STUDIO 1125 E Kentucky Street Phone (no text) Laura 502-585-9642		
<b>Monday</b>		
6:00 am	M Mysore Ashtanga	Alex T/John V
4:00 pm	M Mysore Ashtanga	Joe Autry
6:00 pm	★ Hatha Yoga	Allison Longino
<b>Tuesday</b>		
6:00 am	M Mysore Ashtanga	Laura S/Cath F
<b>Weds</b>		
6:00 am	M Mysore Ashtanga	Laura S/Gail M
4:00 pm	M Mysore Ashtanga	Gail Minotti
11:00 am	★\$5 Gentle Yoga	Leroy Chittenden
6:00 pm	★ Hatha Yoga	Kelli Torpey
<b>Thursday</b>		
6:00 am	M Mysore Ashtanga	Laura S/Erin C
4:30 pm	✘ Hatha Yoga 2	Paul Long
6:00 pm	★ Hatha Yoga	Paul Long
<b>Friday</b>		
6:00 am	M Mysore Led	Laura Spaulding
10:30 am	★\$5 Chair Yoga	Leroy Chittenden
4:00 pm	✘ Ashtanga Led	Erin Cronin
5:30 pm	YPLE 200 Hr \$10	Laura Spaulding
<b>Saturday</b>		
10:30 am	★ Hatha Yoga	Kim Eisner
<b>Sunday</b>		
7:30-9 am	M Mysore Led	Laura Spaulding
10:30 am	✘ Ashtanga Yoga	Caroline Heine
12:30 pm	★ Free Intro to Yoga	YE Interns & Staff