

JULY 2017

St. Matthews Studio, 115 Wiltshire Ave  
502 585 9642      yogaeast.org

Practice Levels

G = Gentle

1 = New-Beginning

1-2 = Beginning-Continuing

2 = Continuing

2-3 = Continuing-Intermediate

3 = Intermediate



		Practice Level	
<b>MONDAY</b>			
10:00 AM	★ Gentle Yoga	G	Anne Kosko
6:15 PM	✗ Ashtanga Yoga	3	Gail Minotti / Niki Parsons
6:15 PM	★ Beginning Hatha Yoga	1	Karen Sorgel
<b>TUESDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Becky Thompson
4:30 PM	★ Hatha Yoga	1-2	Suzy Hatcher
6:15 PM	★ Hatha Yoga (Sivananda)	1-2	Susan Reid
6:15 PM	✗ Yoga Flow	1-2	Catherine Followell
<b>WEDNESDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Carolina Ferro
4:30 PM	★ \$5 Community Yoga	1-2	Emily Smith
6:15 PM	✗ Ashtanga Yoga	3	Caroline Heine / Kate Mattingly
6:15 PM	★ Gentle Yoga	G	Denise Ford
<b>THURSDAY</b>			
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
<b>FRIDAY</b>			
10:00 AM	★ Hatha Yoga	1-2	Susan Reid
6:30 PM	✗ Yoga Flow	1-2	Amy DeFigueiredo
<b>SATURDAY</b>			
9:30 AM	✗ Yoga Flow	1-2	Susan Reid / Catherine Followell
11:30 AM	★ Gentle Yoga	G	Susan Reid / Catherine Followell
<b>SUNDAY</b>			
9:45 AM	✗ Continuing Hatha (Core)	2	Susan Reid / Brian Andriot
11:30 AM	★ Gentle Yoga	G	Vrinda Kumar
1:15 PM	★ \$5 Beginning Hatha Yoga	1	Erin Kinnetz

★ recommended for new, beginning and pregnant yoga students

✗ NOT recommended for new or beginning yoga students

\$5 classes are included in memberships and unlimited packages