



May 2017 Schedule



502-585-9642

Class Codes

- ★ Recommend for NEW students & pregnant women.
 - ✘ **Intermediate** - NOT for new students or beginners!
 - ★\$5 classes are included in monthly memberships.
 - \$ **Extra fee or no Groupons/Intros accepted.**
 - Mysore-Style: Mysore Membership Required.**
 - 🌀 Philosophy, discussion, meditation.
- All classes are 75 minutes unless noted.**

EAST END STUDIO 2226 Holiday Manor Shopping Center - The Walk		
Monday		
9:30 am	★ Hatha Yoga 1-2	Christiane Tawfik
11:00 am	★ Gentle Yoga	Tricia Nelson
4:00 pm	★\$5 Community Yoga	Roshi Vazinpour
6:00 pm	★ Hatha Yoga 1-2	Anne Kosko
Tuesday		
9:30 am	✘ Yoga Flow 2	Kara Price
11:00 am	★ Hatha Yoga 1 Beginning	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	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	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	Anne Borders
12:30 pm	✘ Mysore Long Inversions	Laura Spaulding
Saturday		
8:30 am	✘ Mysore Saturday Practice	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	Gul Marshall

ST MATTHEWS STUDIO 115 Wiltshire Avenue		
Monday		
10:00 am	★ Gentle Yoga	Anne Kosko
6:15 pm	✘ Ashtanga Yoga	Niki P/Gail M
6:15 pm	★ Hatha Yoga 1 Beginning	Karen Sorgel
Tuesday		
10:00 am	★ Hatha Yoga 1-2	Becky Thompson
4:30 pm	★ Hatha Yoga 1-2	Laura Spaulding
6:00 pm	★ Hatha Yoga 1-2	Susan Reid
6:15 pm	★ Yoga Flow 1-2	Anne Borders
Weds		
10:00 am	★ Hatha Yoga 1-2	Shannon Miller
4:30 pm	★\$5 Community Yoga	Emily Smith
6:15 pm	✘ Ashtanga Yoga	Caroline H/Kate M
6:15 pm	★ Gentle Yoga	Denise Ford
Thurs		
10:00 am	★ Hatha Yoga 1-2	Nikki Ball
4:30 pm	★ Hatha Yoga 1-2	Brian A/Carolina F
6:15 pm	Beginning Ashtanga Yoga	Kate Mattingly
6:30 pm	★\$ Prenatal Yoga	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	✘ Ashtanga Yoga	Ashtanga Staff
11:30 am	★ Gentle Yoga	Susan Reid
Sunday		
9:45 am	✘ Hatha Yoga 2 (Core)	Susan Reid
11:30 am	★ Gentle Yoga	Vrinda Kumar
1:15 pm	★\$5 Hatha Yoga 1 Beg	Erin Kinnetz

HIGHLANDS STUDIO 1125 E Kentucky Street		
<i>Mysore Style Ashtanga - Mysore Membership Required New Students begin on Mondays. Register online or phone 585-9642.</i>		
Monday		
6:00 am	Mysore-Style Ashtanga	Laura S/John V
6:00 pm	★ Hatha Yoga 1-2	Brandi Mundo
Tuesday		
6:00 am	Mysore-Style Ashtanga	Laura S/Cath F
6:00 pm	★ Gentle Yoga	Erin Kinnetz
Weds		
6:00 am	Mysore-Style Ashtanga	Laura S/Gail M
11:00 am	★ Leroy's \$5 Gentle Yoga	Leroy Chittenden
4:00 pm	✘ Inversions&Backbends2-3	Susan Reid
6:00 pm	★ Hatha Yoga 1-2	Kelli Torpey
Thursday		
6:00 am	Mysore-Style Ashtanga	Laura S/Alex T
4:00 pm	✘ Mysore Self Practice	Mysore Staff
6:00 pm	★ Hatha Yoga 1-2	Laura Spaulding
Friday		
6:00 am	Mysore-Style Led Class	Erin Cronin
10:30 am	★ Leroy's \$5 Chair Yoga	Leroy Chittenden
4:00 pm	✘ Ashtanga Yoga	Joe Autry
5:30 pm	🌀 Heart ♥ of Yoga 60 min	Laura Spaulding
Saturday		
10:30 am	★ Hatha Yoga 1-2	Kim Eisner
Sunday		
7:30-9 am	Mysore-Style Led Class	Laura Spaulding
10:30 am	Beginning Ashtanga Yoga	Caroline Heine
1:00 pm	★\$5 Community Yoga	Allison Longino