



## November 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.
  - 🕉 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			
<b>Monday</b>			
9:30 am	★ \$10 Chair Yoga 1hr	G	Catherine Followell
9:30 am	★ Hatha Yoga	1-2	Christiane Tawfik
11:00 am	★ Gentle Yoga	G	Tricia Nelson
12:30 pm	Restorative Yoga <i>Hour Nov 20</i>	G	Tricia/Catherine
6:00 pm	★ Hatha Yoga	1-2	Anne Kosko
<b>Tuesday</b>			
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
<b>Weds</b>			
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
<b>Thursday</b>			
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
<b>Friday</b>			
9:30 am	★ Hatha Yoga	1-2	Anne Borders
11:00 am	★ Gentle Yoga	G	Anne Borders
<b>Saturday</b>			
10:00 am	★ Hatha Yoga	1-2	Laura Spaulding
<b>Sunday</b>			
10:00 am	★ Hatha Yoga	1-2	Anne Kosko
11:45 am	★ Prenatal Yoga*	1	Nikki Wolf
	<i>*starts Nov 19</i>		

ST MATTHEWS STUDIO 115 Wiltshire Avenue Phone or Text Susan 502-523-8020			
<b>Monday</b>			
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
6:15 pm	Children's Yoga Nidra <i>Nov. 20</i>		Susan Reid
<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	Anne Borders
<b>Weds</b>			
10:00 am	★ Hatha Yoga	1-2	Gul Marshall
4:30 pm	★ Hatha Yoga	1-2	Emily Smith
6:15 pm	✳ Yoga Flow	1-2	Kate Mattingly
6:15 pm	★ Gentle Yoga	G	Denise Ford
<b>Thurs</b>			
10:00 am	★ Hatha Yoga	1-2	Brian Andriot
4:30 pm	★\$5 Community Yoga	1-2	Doug Vanhouten
6:15 pm	✳ Ashtanga Yoga	2	Kate Mattingly
<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	Rachel Torres
11:30 am	★ Gentle Yoga	G	Roshi Vazinpour
5:30 pm	Gratitude Kirtan - <i>November 18</i>		Emily Smith
<b>Sunday</b>			
9:45 am	✳ Continuing Hatha (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			
<b>Monday</b>			
6:00 am	M Mysore Ashtanga	1 2 3	Alex T/John V
4:00 pm	M Mysore Ashtanga	1 2 3	Joe Autry
6:00 pm	★ Hatha Yoga	1-2	Brandi Mundo
<b>Tuesday</b>			
6:00 am	M Mysore Ashtanga	1 2 3	Laura S/Cath F
6:00 pm	★ Gentle Yoga	G	Erin Kinnetz
<b>Weds</b>			
6:00 am	M Mysore Ashtanga	1 2 3	Laura S/Gail M
11:00 am	★\$5 Gentle Yoga G	G	Leroy Chittenden
4:00 pm	M Mysore Ashtanga	1 2 3	Gail Minotti
6:00 pm	★ Hatha Yoga	1-2	Kelli Torpey
<b>Thursday</b>			
6:00 am	M Mysore Ashtanga	1 2 3	Laura S/Erin C
4:30 pm	Hatha Yoga	2	Paul Long
6:00 pm	★ Hatha Yoga	1-2	Paul Long
<b>Friday</b>			
6:00 am	M Mysore Led	2 3	Laura Spaulding
10:30 am	★\$5 Leroy Chair Yoga	G	Leroy Chittenden
4:00 pm	✳ Ashtanga Led	2 3	Erin Cronin
5:30 pm	YPLE 200 Hr \$10	🕉	Laura Spaulding
<b>Saturday</b>			
10:30 am	★ Hatha Yoga	1-2	Kim Eisner
<b>Sunday</b>			
7:30-9 am	M Mysore Led	2 3	Laura Spaulding
10:30 am	✳ Ashtanga Yoga	2	Caroline Heine
12:30 pm	★ Free Intro to Yoga <i>Begins Nov. 19</i>	1	Teacher Interns