

DATE/TIME	CLASS TYPE	SKILL LEVEL	INSTRUCTOR	ROOM
MONDAYS				
9:00 - 10:15 am	Morning Flow	All Levels	Katie	Solar
10:30 - 11:45 am	Gentle/Restorative - <i>NEW INSTRUCTOR</i>	All Levels	Sharon	Solar
11:00 - 11:45 am	Bare Barre	All Levels	Victoria	Lunar
12:00 - 1:00 pm	Yoga for Everybody - <i>Community Yoga Class \$10</i>	All Levels	Tanya Archer	Lunar
5:30 - 6:45 pm	Hatha Yoga Level 2	Int/Adv	Jameson	Lunar
5:45 - 7:00 pm	Mindful Flow For Beginners - <i>NEW INSTRUCTOR</i>	Beginning	Corrie	Solar
7:00 - 8:15 pm	Twilight Restorative	All Levels	Susan	Lunar
7:15 - 8:15 pm	Yoga Athletics	All Levels	Gwint	Solar
TUESDAYS				
6:15 - 7:30 am	Early Morning Power Flow	All Levels	Tanya Anderson	Lunar
9:00 - 10:00 am	Power Pilates - <i>NEW TIME</i>	All Levels	Erin	Lunar
10:00 - 11:15 am	Mindful Flow for Beginners	Beginning	Bethany	Solar
12:00 - 1:00 pm	Lunchtime Power Hour	All Levels	Hala	Solar
4:15 - 5:30 pm	Gentle/Restorative	All Levels	Katie	Solar
5:45 - 7:00 pm	Beginning Vinyasa - <i>NEW TIME</i>	Beginning	Susan	Lunar
6:00 - 7:15 pm	Soul Flow Vinyasa	Intermediate	Katie	Solar
WEDNESDAYS				
9:00 - 10:15 am	Morning Flow	All Levels	Hala	Solar
9:30 - 10:15 am	Bare Barre	All Levels	Kellee	Lunar
10:30 - 11:45 am	Gentle/Restorative - <i>NEW INSTRUCTOR</i>	All Levels	Kellee	Solar
12:00 - 1:00 pm	Hot Yoga for Stiff Guys and Gals - <i>NEW Class</i>	All Levels	Katie	Lunar
5:30 - 6:45 pm	Clubbell Yoga	Intermediate	Gwint	Lunar
6:00 - 7:15 pm	Evening Flow	All Levels	Kellee	Solar
7:15 - 8:15 pm	Yoga Athletics	All Levels	Gwint	Lunar
THURSDAYS				
6:15 - 7:30 am	Early Morning Power Flow	All Levels	Tanya Anderson	Lunar
9:00 - 10:15 am	Yoga Fundamentals - <i>NEW CLASS</i>	All Levels	Jameson	Solar
9:15 - 10:15 am	Power Pilates - <i>NEW TIME</i>	All Levels	Erin	Lunar
12:00 - 1:00 pm	Lunchtime Power Hour	All Levels	Hala	Solar
5:30 - 7:00 pm	Therapeutic/Restorative	All Levels	Kristin	Solar
6:00 - 7:15 pm	Soul Flow Vinyasa	Intermediate	Kellee	Lunar
FRIDAYS				
9:00 - 10:15 am	Morning Flow	All Levels	Katie	Solar
11:00 - 11:45 am	Bare Barre - <i>NEW TIME</i>	All Levels	Victoria	Lunar
5:45 - 7:00 pm	Gentle/Restorative	All Levels	Rotating	Solar
SATURDAYS				
8:00 - 8:45 am	Bare Barre	All Levels	Kellee	Solar
8:30 - 9:45 am	Beginning Vinyasa	Beg/Int	Tanya Anderson	Lunar
9:00 - 10:30 am	Soul Flow Vinyasa	Int/Adv	Katie	Solar
11:00 am - 12:30 pm	Ther. Yoga for Strength & Mobility	All Levels	Kristin	Solar
SUNDAYS				
9:30 - 11:00 am	Hatha Yoga	All Levels	Jameson	Solar
4:00 - 5:15 pm	Gentle/Slow Flow	All Levels	Corrie	Solar

