

REGULAR CLASSES

MONDAY

9:30-10:30 am	Hatha Yoga*	Diana
5:00-6:00 pm	Yoga Basics*	Vanessa
6:30-7:30 pm	All-Levels Yoga Flow	Vanessa

TUESDAY

4:30-5:45 pm	Restorative Yoga*	Lauren
6:00-7:15 pm	Therapeutic Power Flow Yoga	Jeff
7:30-8:30 pm	Yin Yoga	Jeff

WEDNESDAY

9:30-10:30 am	Hatha Yoga*	Valerie
4:30-5:30 pm	Gentle Yoga*	Chris
6:00-7:00 pm	All-Levels Yoga Flow	Chris
7:15-8:05 pm	Mat Pilates*	Laurie

THURSDAY

4:30-5:45 pm	Therapeutic Power Flow Yoga	Jenna
6:00-7:15 pm	Restorative Yoga*	Laurie

FRIDAY

12:00-1:00 pm	Gentle Yoga*	Lauren
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SATURDAY

9:10-10:00 am	Mat Pilates*	Laurie/Lauren
10:15-11:30 am	Restorative Yoga*	Laurie/Lauren

SUNDAY

9:00-10:15 am	Therapeutic Power Flow Yoga	Maggie
10:30-11:45 am	Restorative Yoga*	Maggie
4:00-5:00 pm	Yin Yoga	Various Whole Yoga Teachers
5:15-6:15 pm	Meditation*	Various Whole Yoga Teachers

***THESE CLASSES ARE GREAT FOR BEGINNERS!**

(Therapeutic Power Flow is fine for active beginners)

**VISIT WholeYoga.net FOR MORE ABOUT THE STUDIO,
INCLUDING SERIES, WORKSHOPS, & THAI YOGA MASSAGE!**

All listed classes are ongoing, but we reserve the right to change the schedule at any time.
(Keep your favorites going by attending them!)