



YOGA in COMMON

MARCH, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:45 am Stretch & STRENGTHEN Javier Lopez	9:30-10:30 am Vinyasa FLOW Sherry	9:30-10:30 am BASIC Hatha Ben Sota	9:30-10:45 am Vinyasa FLOW Danielle Duvall	9:30-10:30 am GENTLE Sherry	9:30-10:45 am Slow FLOW Yoga Stevie Goggans	9:30-10:45 am Vinyasa FLOW Sherry Peckham 10:00-11:00 am KIDS YOGA \$45/mo Megan Russell
11:00-12:00 Vinyasa FLOW Ben Sota	11:00-12:00 BASIC Hatha Sherry	11:00-12:00 YIN Joanne Dagato	11:00-12:00 BASIC Hatha Megan Russell	11:00-12:15 Align & FLOW Claire Liddle	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:15 Stretch & STRENGTHEN Danielle Guido
12:15-1:15 RESTORATIVE Ben Sota	12:30-1:30 Vinyasa FLOW Laurie Spector	12:15-1:30 Vinyasa FLOW Megan Ludolph	12:30-1:30 Vinyasa FLOW Javier Lopez	12:15-1:30 Vinyasa FLOW Javier Lopez 12:30-1:30 GENTLE YIN Claire Liddle	12:30- 1:30 HOT Flow Yoga Javier Lopez	1:00-2:00 Prenatal Yoga 1:30-2:15 pm Meditation \$ 5 or yoga pass Pensri OR Joe D.
2:30-3:30 pm YOGA for Beginners Stevie Goggans	3:30-4:15 pm Tai Chi all levels welcome \$7 or yoga pass Bill Tierney		2:30-3:30 pm GENTLE Yoga Sue Pearly		2:30-3:45 Vinyasa FLOW Stevie Goggans	2:30-3:30 COMMUNITY CLASS (GENTLE) \$7 or yoga pass Sue or Danielle G
4:00-5:15 pm Vinyasa FLOW Megan Russell 5:30-6:00 pm Meditation \$5 or yoga pass Scott Pomicter	4:30-5:30 pm GENTLE Sue Pearly 5:30-6:30 pm Belly Dance Liz Callaway	4:30-5:30 pm Stretch & RECHARGE Sherry	4:30-5:45 pm YIN Yoga Danielle Duvall	4:30-5:30 pm EASE-ful Yoga Joanne Dagato 5:30-6:30 pm PILATES mat class Kristin Johnson	4:30-5:30 pm RESTORATIVE Sue or Sherry	4:00-5:15 pm Vinyasa FLOW Danielle G
6:05-7:05 pm YIN yoga Stevie Goggans	6:00-7:00 pm Stretch & RECHARGE Danielle Guido	6:00-7:15 pm Vinyasa FLOW Laurie Spector	6:00-7:00 pm YOGA for Beginners Megan Ludolph	6:00-7:00 pm HOT Vinyasa FLOW Maura Utley	6:00-7:00 pm COMMUNITY (Vinyasa Flow) \$7 or yoga pass Megan Russell	FAMILY YOGA FRIDAY, MARCH 27 7:15-8:15 pm \$10/Family (No prior yoga experience needed.)
	7:15-8:15 pm Stretch & STRENGTHEN Danielle Guido	7:15-8:15 pm GENTLE Yoga Whitney D	7:15-8:15 pm Slow Flow Yoga + Meditation Danielle Guido	7:15-8:30 pm Floor FLOW for all levels Maura Utley		LATE NIGHT YOGA All-level Vinyasa Flow SATURDAY, MARCH 28 8:30-9:30 pm \$7 per person. Enjoy the fun!