



YOGA in COMMON **Studio & Online Classes**

AUGUST 1- SEPT 30, 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:30-10:30 BASIC Hatha Megan Russell	9:30-10:30 am Gentle YIN Claire Liddle	9:30-10:30 am Vinyasa FLOW Sherry Peckham	
11:00-12:15 Slow FLOW Ben Sota	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:00 YIN Joanne Dagato	11:00-12:00 Vinyasa FLOW Kathy Hirshfeld	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 GENTLE Sherry	11:00-12:15 Stretch & STRENGTHEN Danielle Guido
	1:00-1:45 pm Tai Chi Bill Tierney	1:00-2:00 Vinyasa FLOW Kathy Hirshfeld		1:00-2:00 Vinyasa FLOW Meg Ludolph		1:00-1:45 Seated, Guided Meditation, Free Joe DiSabatino
	4:00-5:00 pm GENTLE Yoga Sue Pearly		4:00-5:15 pm YIN Yoga Carolyn Bassett		4:00-5:15 Slow FLOW Stevie Goggans	5:30-6:00 pm Kirtan (music) For everyone, Free Laura Bradford
	6:00-7:00 pm Stretch & STRENGTHEN Danielle Guido	6:00-7:00 pm Vinyasa FLOW Laurie Spector	6:00-7:00 pm Slow FLOW Sue O'Brien	6:00-7:00 pm PILATES All levels Mat Class Kristin Johnson		6:00-7:15pm KUNDALINI Yoga Laura Bradford
		7:05-8:05 pm GENTLE Yoga Whitney D		7:05-8:05 pm Yoga for Stress Relief Maura Utley		

Classes in **BLUE**: Livestream, Online only. A ZOOM Meeting ID code is sent to you in a Reservation Confirmation email.
 Classes in **BLACK**: Combination class—come into the Studio (max of 8) OR participate Livestream via ZOOM.
 Classes in **RED**: **studio only, or beach** with social distancing and other safety measures.

Please NOTE

- Time change of noon classes and Saturday meditation to 1:00pm; and 4:30 classes now start at 4:00pm.
- During the Livestream Classes, only the Teacher is shown on camera. No students are in any part of the video.
- As of 7/3/2020, masks are REQUIRED in the building. They are optional as you practice due to physical distancing.