



YOGA in COMMON **Studio & Online Classes**

JANUARY, 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:15 pm Yoga Sculpt Maura Utley		8:00-9:00 am Vinyasa FLOW Haileigh Fickes				9:00-10:30 am Ashtanga-FLOW Laura O'Keefe
9:30-10:45 am Vinyasa FLOW Alex Christie	9:30-10:30 am Vinyasa FLOW MacKenzie Montgomery	9:30-10:30 am BASIC Hatha Sherry P	9:30-10:30 am Vinyasa FLOW Haileigh Fickes	9:30-10:30 am Gentle YIN Claire Liddle	9:30-10:30 am Vinyasa FLOW Sherry Peckham	9:30-10:30 am BASIC Hatha Sherry Peckham
					10:30-11:30 BASIC Hatha Kathy Hirschfeld	
11:00-12:00 Slow FLOW Ben Sota	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:15 Forrest FLOW Yoga Jo Ducey	11:00-12:00 Yoga For The Inflexible Kathy Hirshfeld	11:00-12:00 Align & FLOW Claire Liddle	11:00-12:00 GENTLE Yoga Sherry Peckham	11:00-12:00 Vinyasa FLOW Sue O'Brien
1:30-2:30 pm GENTLE Yoga Haileigh OR Sue Pearly	12:15-1:15 pm Tai Chi Yoga Pass or \$7 Bill Tierney 12:30-1:30 pm Vinyasa FLOW Irene Adams	12:30-1:30 pm Vinyasa FLOW Alex Christie 2:00-3:00 pm Reiki Sessions Alex Christie Please call for appt	12:30-1:30 pm Vinyasa FLOW Janeen OR Laurie Spector	12:30-1:30 pm Vinyasa FLOW Laurie Spector	12:30-1:30 pm Vinyasa FLOW Laura O'Keefe 2:30-4:00 pm Reiki Sessions Joanne or Sheri Please call for appt	12:30-1:45 pm FLOW + YIN Alex Christie 2:10-2:50 pm Mindfulness Meditation , free Joe DiSabatino
3:00-4:00 pm RESTORATIVE Yoga Sue Pearly	4:30-5:30 pm GENTLE Yoga Sue Pearly	4:30-5:45 pm Vinyasa FLOW Alex Christie	4:30-5:45 pm YIN Yoga Claire Liddle	4:30-5:30 pm GENTLE Yoga Janeen OR Sue Pearly	4:30-5:30 pm RESTORATIVE Yoga/Joanne D 5:00-6:15 pm Vinyasa FLOW Alex Christie	3:00-4:00 pm GENTLE Yoga Irene Adams
4:10-4:50 pm Mindfulness Meditation , free Todd Scholl KUNDALINI Yoga 5:00-6:15 pm Laura Bradford	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	6:00-7:00 pm YIN Yoga Joanne Dagato	6:00-6:45 pm Pranayama + Meditation, by donation Alex Christie	6:00-7:00 pm Vinyasa FLOW Janeen OR Kathy Hirschfeld	5:35-6:35 pm Belly Dance (for all levels) Yoga pass or \$10 Christine Bonaparte	
		7:30-8:30 pm GENTLE Yoga Whitney D	7:00-8:00 pm Vinyasa FLOW Sue O'Brien	7:30-8:30 pm Stretch and RESTORE Kathy Hirschfeld		

BLACK: Studio ONLY **RED:** Studio & ZOOM **BLUE:** ZOOM Only.

*Please pre-register for every class: On the free YogainCommon App in your App store, or On our Website, or Call us!