



YOGA in COMMON Studio & Online Classes

MAY, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 pm PROP up your Power Maura Utley		6:00-7:00 am Vinyasa FLOW Haileigh Fickes				
9:30-10:30 am Vinyasa FLOW Taylyn Reine	9:30-10:30 am Vinyasa FLOW Stevie G	9:30-10:30 am BASIC Hatha Stevie Goggans	9:30-10:30 am Vinyasa FLOW Taylyn Reine	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	
11:00-12:15 Slow FLOW Ben Sota	11:00-12:00 BASIC Hatha Sue Pearly	11:00-12:00 Forrest FLOW 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 Danielle Guido
1:00-2:00 pm GENTLE Yoga Haileigh Fickes	12:30-1:30 pm Gentle YIN Joanne D 1:00-2:00 pm Tai Chi Yoga Pass or \$7 Bill Tierney	12:30-1:30 pm Vinyasa FLOW Haileigh Fickes	12:30-1:30 pm Vinyasa FLOW Laurie Spector	12:30-1:30 pm Vinyasa FLOW Laurie Spector	12:30-1:30 pm Reiki Sessions w/Sherry or Joanne \$1/min Please call for appt	1:00-2:00 pm Slow FLOW Sue O'Brien 2:15-3:00 pm Meditation, free Pensri or Joe D.
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 Danielle Duvall	4:30-5:45 pm YIN Yoga Danielle Duvall	4:30-5:30 pm GENTLE Yoga Stevie Goggans	4:30-5:30 pm Vinyasa FLOW Sue O'Brien	3:00-4:00 pm GENTLE Yoga Irene Adams
4:30-5:45 pm KUNDALINI Yoga Laura Bradford	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	6:00-7:00 pm Baptiste- Inspired FLOW Ged Duvall	5:45-7:00 pm Intuitive Massage w/Rita or Destiny \$1/min Please call for appt	6:00-7:00 pm Stretch and STRENGTHEN Danielle Guido	5:45-6:45 pm Belly Dance Yoga Pass or \$16 Christine Bonaparte	
		7:30-8:30 pm GENTLE Yoga Whitney Dodenhoff	7:30-8:30 pm Vinyasa FLOW *Begins May 10	7:30-8:30 pm Stretch and RECHARGE Danielle Guido	LATE NIGHT FLOW FRIDAY, MAY 28 7:30-8:30 pm, \$10 pp Danielle Guido	

BLACK: Studio (maximum of 12) **OR** Participate Livestream via ZOOM.

RED: Studio Only with physical distancing and other safety measures. **BLUE: ZOOM Only.**

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

Please NOTE : Face Coverings are REQUIRED in the Boutique & Hallways. They are optional once you are seated on your mat.

3062 Deville Street, Myrtle Beach, SC 29577 in The Market Common 843.839.9636 yogaincommon.com