



YOGA in COMMON Studio & Online Classes

MAY, 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|--|--|
| Beach Yoga Begins May 15 8:30-9:30 AM \$10 cash | | | Beach Yoga Begins May 15 8:30-9:30 AM \$10 cash | | | 9:00-10:30 am Ashtanga-FLOW Stephanie Clifford |
| 9:30-10:45 am Vinyasa FLOW Stevie Goggans | 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 Stephanie | 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 |
| | | | | | 10:00-11:00 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 Sue Pearly or Carolyn Bassett | 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 Laurie Spector 2:30-3:30 Gentle Yoga Carolyn Bassett | 12:30-1:30 pm Vinyasa FLOW Stephanie | 12:30-1:30 pm Vinyasa FLOW Mackenzie M. 2:30-4:00 pm Reiki Sessions Joanne or Sheri Please call for appt | 2:10-2:50 pm Mindfulness Meditation by donation Joe DiSabatino |
| 3:00-4:00 pm RESTORATIVE Yoga Carolyn Bassett 4:10-4:50 pm Mindfulness Meditation by donation Carolyn Bassett | 4:30-5:30 pm GENTLE Yoga Sue Pearly | 5:30-6:45 pm Vinyasa FLOW Laurie Spector | 4:30-5:45 pm YIN Yoga Carolyn Bassett | 4:30-5:30 pm GENTLE Yoga Janeen A | 4:30-5:30 pm RESTORATIVE Yoga Joanne Dagato | 3:00-4:00 pm GENTLE Yoga Irene Adams |
| 5:00-6:15 pm KUNDALINI Yoga 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 Stevie Goggans | 6:00-7:00 pm Vinyasa FLOW Kathy Hirschfeld | 5:30-6:30 pm Soothing Vinyasa FLOW Stevie Goggans | |
| | | 7:00-8:00 pm GENTLE Yoga Sheri Stoddard | 7:00-8:00 pm Vinyasa FLOW Sue O'Brien | | 6:30-7:30 pm YIN + Flow Yoga Sheri Stoddard | |

BLACK: Studio ONLY **RED:** Studio & ZOOM