


M	T	W	Th	F	Sa	Su
7.30 - 8.30am <b>Vinyasa Yoga</b> Kristin C	7.30 - 8.30am <b>Vinyasa Yoga</b> Taryn VH	7.30 - 8.30am <b>Vinyasa Yoga</b> Dee H	7.30 - 8.30am <b>Vinyasa Yoga</b> Helene K	7.30 - 8.30am <b>Vinyasa Yoga</b> Iris P	<span style="background-color: yellow;">■</span> = New Class F = Foundation Level *\$5-10 Community Class	
	9.30 - 10.30am <b>Aerial Fit to Fly</b> Liz M		9.30 - 10.30am <b>Aerial Fit to Fly</b> Liz M		10.15 - 11.45am <b>Vinyasa Yoga</b> Cooper C	10.15 - 11.30am <b>Forrest Yoga</b> Shayna S
12.15 - 1.30pm <b>Aerial Yoga 1</b> Kristin C	12.15 - 1.30pm <b>Aerial Yoga Core</b> Monica P	12.15 - 1.30pm <b>Aerial Yoga 1</b> Janie P	12.15 - 1.30pm <b>Aerial Yoga Core</b> Monica P	12.15 - 1.30pm <b>Aerial Dance</b> Kristin C	12 - 1.15pm <b>Vinyasa Yoga</b> Dee H	12 - 1.30pm <b>Vinyasa Yoga</b> Kevin B
12.30 - 1.30pm <b>Vinyasa Yoga</b> Kevin B	12.30 - 1.30pm <b>Vinyasa Yoga</b> Taryn VH	12.30 - 1.30pm <b>Vinyasa Yoga</b> Yelimar R	12.30 - 1.30pm <b>Vinyasa Yoga</b> Annaliese G	12.30 - 1.30pm <b>Vinyasa Yoga</b> Dee H	12.15 - 1.30pm <b>Aerial Yoga Blast</b> Grace L	12.15 - 1.30pm <b>Aerial Yoga 1</b> Iris P
1 - 2pm <b>Vinyasa Yoga</b> Kirsten T	1 - 2pm <b>Vinyasa Yoga F</b> Helene K	1 - 2pm <b>Vinyasa Yoga</b> Derek C	1 - 2pm <b>Vinyasa Yoga F</b> Yelimar R	1 - 2pm <b>Vinyasa Yoga</b> Bassam K		
			2 - 3pm <b>Flow &amp; Meditate</b> Community* Monica P	2.30 - 3.30pm <b>Aerial Yoga 1</b> Community* Bassam K		2 - 3.15pm <b>Aerial Yoga Flow</b> Kristin C
4 - 5pm <b>Vinyasa Yoga</b> Community*		4 - 5pm <b>Vinyasa Yoga</b> Community*	3.30 - 4.45pm <b>Aerial Ballet</b> Megan H			
4.30 - 5.30pm <b>Handstands 101</b> Derek C			3.45 - 4.45pm <b>Kids Yoga Play-ground</b> Ages 6-11 Maisah H			5 - 6.15pm <b>Vinyasa Yoga</b> Taryn VH
5.15 - 6.15pm <b>Vinyasa Yoga F</b> Kirsten T	5.15 - 6.15pm <b>Vinyasa Yoga F</b> Cassandra J	5.15 - 6.15pm <b>Vinyasa Yoga F</b> Yelimar R	5.15 - 6.15pm <b>Vinyasa Yoga F</b> Kirsten T			
5.45 - 7pm <b>Aerial Yoga Core</b> Amanda McD	5.45 - 7pm <b>Aerial Yoga 2</b> Liz M	5.45 - 7pm <b>Aerial Mellow Flow</b> Kevin B	5.45 - 7pm <b>Aerial Yoga 2</b> Maisah H	5.45 - 7pm <b>Aerial Yoga 1</b> Janie P		5.45 - 6.45pm <b>Aerial Yoga 1</b> Community*
5.45 - 6.45pm <b>Vinyasa Yoga</b> Derek C	5.45 - 6.45pm <b>Vinyasa Yoga</b> Dee H	5.45 - 6.45pm <b>Vinyasa Yoga</b> Amanda W	5.45 - 6.45pm <b>Vinyasa Yoga</b> Kevin B	5.45 - 6.45pm <b>Vinyasa Yoga</b> Yelimar R	6 - 7.15pm <b>Aerial Yoga 1</b> Helene K	6 - 7pm <b>Vinyasa Yoga</b> Community*
6.30 - 7.45pm <b>Vinyasa Yoga</b> Amanda W	6.30 - 7.45pm <b>Vinyasa Yoga</b> Taryn VH	6.30 - 8pm <b>Forrest Yoga</b> Denise H	6.30 - 7.45pm <b>Yoga Tune Up®</b> Kirsten T		6.30 - 7.30pm <b>Vinyasa Yoga</b> Community*	6.30 - 7.30pm <b>Pink Yoga</b> Tameka G
7.15 - 8.30pm <b>Aerial Yoga 1</b> Janie P	7.15 - 8.30pm <b>Aerial Yoga 1</b> Cassandra J	7.15 - 8.30pm <b>Aerial Yoga 1</b> Amanda W	7.15 - 8.30pm <b>Aerial Yoga 1</b> Kevin B	7.15 - 8.30pm <b>Aerial Yoga Blast</b> Janie P		
7.15 - 8.15pm <b>Vinyasa Yoga F</b> Kirsten T	7.30 - 9pm <b>AcroYoga Basics</b> Maisah H	7.15 - 8.15pm <b>Vinyasa Yoga</b> Kevin B	7.15 - 8.15pm <b>Vinyasa Yoga</b> Melanie B	7.30 - 9.15pm <b>AcroYoga Flow</b> Mary A		
8 - 9pm <b>Fit to Flow</b> Caitlin L	8 - 9pm <b>Yin Yoga</b> Tameka G		8 - 9pm <b>Restorative Yoga</b> Helene K			
8.30 - 9.30pm <b>Vinyasa Yoga</b> Community*	8.45 - 9.45pm <b>Aerial Yoga Flow</b> Community*	8.30 - 9.30pm <b>Vinyasa Yoga</b> Community*	8.30 - 9.30pm <b>Vinyasa Yoga</b> Community*			

MAY @ FASHION DISTRICT



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All classes are Open Level unless otherwise noted.