

M	T	W	Th	F	Sa	Su
8.30 - 9.30am Vinyasa Yoga Bria T	8.30 - 9.30am Vinyasa Yoga Dee H	8.30 - 9.30am Vinyasa Yoga Helene K	8.30 - 9.30am Vinyasa Yoga Sara S	8.30 - 9.30am Vinyasa Yoga Misha H		
					10 - 11.15am Vinyasa Yoga Aysa S	10.30 - 11.30am Aerial Yoga 1 Community*
12.15 - 1.30pm Aerial Yoga 1 Kristin C	12.15 - 1.30pm Flexibility Kira F	12.30 - 1.30pm Vinyasa Yoga Ilana Z	12.15 - 1.30pm Aerial Yoga 1 Laura T	12.30 - 1.30pm Vinyasa Yoga Argentina R	12 - 1.15pm Vinyasa Yoga Misha H	12 - 1.30pm Vinyasa Yoga Kevin B
12.30 - 1.30pm Vinyasa Yoga Misha H	1 - 2pm Vinyasa Yoga F Helene K		1 - 2pm Vinyasa Yoga F Kirsten T	1 - 2.15pm Aerial Yoga 1 Meagan S		
2 - 3.15pm Flexibility Kira F		2.30 - 3.30pm Gentle Aerial Yoga Community* Maisah H		2.30 - 3.30pm Aerial Yoga Core Aysa S		
4 - 5pm Vinyasa Yoga Community*	4 - 5pm Vinyasa Yoga Community*	4 - 5pm Vinyasa Yoga Community*	4 - 5pm Vinyasa Yoga Community*			
4 - 5pm Kids Aerial Dance Ages 8-12 Sam M		4 - 5pm Kids Aerial Yoga Ages 6-12 Janie P	4.15 - 5.30pm Flexibility Jan M			
5.15 - 6.15pm Vinyasa Yoga Argentina R	5.15 - 6.15pm Vinyasa Yoga Kevin B	5.15 - 6.15pm Vinyasa Yoga Dee H	5.15 - 6.15pm Vinyasa Yoga Jessa M	5.30 - 6.30pm Yin Yoga Community*		5.15 - 6.15pm Vinyasa Yoga Community*
	5.45 - 7pm Aerial Yoga 1 Kristin C		5.45 - 7pm Aerial Yoga 1 Janie P	5.45 - 7pm Aerial Yoga 1 Janie P		5.30 - 6.45pm Aerial Mellow Flow: Aromatherapy Maisah H
6 - 7pm Aerial Mellow Flow Community* Matthew E					6.15 - 7.30pm Aerial Yoga 1 Helene K	
6.30 - 7.45pm Vinyasa Yoga Jessa M	6.30 - 7.45pm Vinyasa Yoga Bertha C	6.30 - 7.45pm Vinyasa Yoga Kevin B	6.30 - 7.45pm Vinyasa Yoga Misha H		6.15 - 7.15pm Vinyasa Yoga Community*	
	7.15 - 8.45pm Aerial Yoga 1 Aysa S		7.15 - 8.45pm AcroYoga Flow 1-2 Linda M	7.15 - 8.45pm Aerial Yoga 1 Grace P		
8 - 9pm Vinyasa Yoga Community*	8 - 9pm Vinyasa Yoga Community*	8 - 9pm Aerial Mellow Flow Kevin B	8 - 9pm Restorative Yoga Helene K			

MAY 2019 / 8FL



All classes are Open Level unless otherwise noted.
F = Foundation Level *\$5 - 10 Community Class

= New Class

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