

| M | T | W | Th | F | Sa | Su |
|--|---|--|--|---|--|--|
| 8.30 - 9.30am Vinyasa Yoga Misha H | 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 Bria T | | 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 Dee H | 12.15 - 1.30pm Aerial Yoga 1 Laura T | 12.30 - 1.30pm Vinyasa Yoga Amanda McD | 12 - 1.15pm Vinyasa Yoga Logan C | 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 Aerial Yoga Core Community* Emma F | | 2.30 - 3.30pm Gentle Aerial Yoga Community* Maisah H | 2.30 - 3.30pm Hammock Playground 1 Community* Sawa T | 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 - 5.15pm Handstands 101 Misha H | | |
| | | | 4.15 - 5.30pm Flexibility Jan M | | | |
| 5.15 - 6.15pm Vinyasa Yoga Aaron D | 5.15 - 6.15pm Vinyasa Yoga Kevin B | 5.15 - 6.15pm Vinyasa Yoga Dee H | 5.15 - 6.15pm Vinyasa Yoga Paula R | | | 5.15 - 6.15pm Vinyasa Yoga Community* |
| | 5.45 - 7pm Aerial Yoga 1 Kristin C | | 5.45 - 7pm Aerial Yoga 1 Maggie H | 5.45 - 7pm Aerial Yoga 1 Aysa S | | 5.30 - 6.45pm Aerial Mellow Flow: Aromatherapy Maisah H |
| 6 - 7pm Aerial Mellow Flow Community* Matthew E | | | | 6.15 - 7.15pm Yin Yoga Community* Matthew E | 6.15 - 7.30pm Aerial Yoga 1 Helene K | |
| 6.30 - 7.45pm Vinyasa Yoga Eliza H | 6.30 - 7.45pm Vinyasa Yoga Suki 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 - 8.30pm Aerial Yoga 1 Aysa S | | 7.15 - 8.45pm AcroYoga Flow 1-2 Linda M | 7.15 - 8.30pm 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 | | | |

SEPT 2019 / 8FL



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

■ = New Class

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