



This schedule WILL become outdated. Check the website for current classes/times/instructors!

Monday	Tuesday	Wednesday	Thursday	\$5 Friday	Saturday	Sunday
7:00-8:30am Lunar Flow* Jade Skinner	6:00-8:30am Mysore* Jade Skinner	6:00-8:30am Mysore* Jade Skinner	6:00-8:30am Mysore* Jade Skinner	7:00-8:30am Half Primary* Jade Skinner		
9:00-10:15am Power Flow Katelyn Grady	8:30-9:45am Flow Down Rachel Miller	9:00-10:15am Power Flow Katelyn Grady	8:30-9:45am Flow Down Rachel Miller	9:00-10:15am Power Flow Katelyn Grady	8:30-9:30am Hot Enough Hatha Jenny Miller	8:30-9:30am Beginner's Hatha Brinda Chalnack / Bethany Peabody
	10:30-12:00pm Rocket I Lite Jessica Needham	10:30-11:45am Beginner's Hatha Bethany Peabody	10:30-12:00pm Flow Down Lite Rissa Wray		10:00-11:15am Hot Enough Flow Tiffany Cantrell	10:00-11:30am Power Flow Rachel Miller
12:00-1:15pm Flow Down Jessica Needham		12:00-1:15pm Flow Down Jessica Needham		12:00-1:15pm Flow Down Jenny Miller	12:00-1:00pm Restorative Meditation Di Tyssen / Lindsay Dixon <i>(by donation)</i>	12:00-1:15pm Flow Down Lite Amy Faulkner
	4:30-5:30pm Chanting Mantra Meditation Jessica Needham <i>(by donation)</i>		4:00-5:00pm Yoga for Kids! Chelsea Singer & Di Tyssen <i>(by donation)</i>			4:00-5:30pm Mystery Meat!** Rotating Staff
5:30-6:45pm Hot Enough Hatha Jenny Miller	6:00-7:15pm Power Flow Katelyn Grady	5:30-6:45pm Hot 50/50 Jenny Miller	6:00-7:15pm Power Flow Tiffany Cantrell	5:30-7:00pm Rocket II Jessica Needham		6:00-7:15pm Totally Restorative Lindsay Dixon / Dani Mae
	7:00-8:15pm Prenatal Flow Amy Faulkner	6:30-7:45pm Beginner's Hatha Brinda Chalnack				
7:15-8:30pm Hot 50/50 Jennifer Lowery DeBuhr	7:45-9:00pm Power Flow Rachel Miller	7:15-8:30pm Hot Enough Hatha Dani Mae	7:45-9:00pm Totally Restorative Dani Mae			

*For Mysore, students may show up anytime between 6:00-7:30 to begin practice. There are no Mysore or Half Primary classes on New and Full Moon days, in accordance with Ashtanga tradition.

**Mystery Meat is a different class with a different instructor every Sunday. Follow us on Facebook or email us for this week's offering. +Three classes are offered and supported by donation: Yoga for Kids, Restorative Meditation, and Chanting Mantra Meditation.