



The Body Electric Yoga Company , 685 30<sup>th</sup> Ave. N., St. Pete 33704  
 727-490-ZEN1 | thebodyelectricyoga.com

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

**This schedule WILL become outdated. Check the website for current times!**

Monday	Tuesday	Wednesday	Thursday	\$5 Friday	Saturday	Sunday
6:00-8:30am Mysore* Jessica Needham	6:00-8:30am Mysore* Jessica Needham	6:00-8:30am Mysore* Jessica Needham	6:00-8:30am Mysore* Jessica Needham	7:00-8:30am Half Primary* Jessica Needham	8:30-9:30am Hot Enough Hatha Jenny Miller	8:30-9:45am Yoga Toolbox Dani Mae / Jessica Needham
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	10:00-11:15am Hot Enough Flow Tiffany Cantrell	10:00-11:30am Power Flow Rachel Miller
	Noon-1:15pm Power Flow Jessica Needham	10:30-11:45am Beginner's Hatha Bethany Peabody	Noon-1:15pm Power Flow Jessica Needham	Noon-2:00pm OPEN PRACTICE (unled) Jenny Miller	Noon-1:00pm Restorative Meditation Di Tyssen / Lindsay Dixon	Noon-1:15pm Flow Down Lite Amy Faulkner
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 The Rocket Jessica Needham		4:00-5:30pm Mystery Meat! Rotating Staff
	7:00-8:15pm Prenatal Flow Amy Faulkner	6:30-7:45pm Yoga Toolbox Dani Mae				
7:15-8:30pm Hot 50/50 Sara Snader	7:45-9:00pm Power Flow Rachel Miller	7:15-8:30pm Hot Enough Hatha Sara Snader	7:45-9:00pm Power Flow Lindsay Dixon			

