

The Body Electric Yoga Company
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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8:30am Mysore* Jade Skinner	6-8:30am Mysore* Jade Skinner	6-8:30am Mysore* Jade Skinner	6-8:30am Mysore* Jade Skinner	6:00-7:45am Full Primary* Jade Skinner	8:30-9:30am Hot Enough Power Hour Jenny Miller	8:30-9:45pm Yoga Toolbox Jade & Jenny
9-10:15am Power Flow Katelyn Grady	8:30-9:45am Flow Down Rachel Miller	9-10:15am Power Flow Katelyn Grady	8:30-9:45am Flow Down Rachel Miller	9-10:15am Power Flow Katelyn Grady	10-11:15am Hot Enough Flow Tiffany Cantrell	10-11:15am Power Flow Rachel Miller
	6:00-7:15pm Power Flow Katelyn Grady	5:30-6:45pm The Rocket Jessica Needham			10-11:30am SUP (Paddle Board Yoga) Dani Mae**	Noon-1:15pm Flow Down Lite Amy Faulkner
5:30-6:45pm Hot Enough Hatha Jenny Miller	7:00-8:15pm Prenatal Flow Amy Faulkner	6:30-7:45pm Yoga Toolbox Jade & Jenny	6-7:15pm Power Flow Tiffany Cantrell	5:30-7pm The Rocket Jade Skinner	Noon-1pm Restorative Meditation	4-5:30pm Mystery Meat! Rotating Staff
7:15-8:30pm Hot 50/50 Jenny Miller	7:45-9pm Power Flow Jenny Miller	7:15-8:30pm Flow Down Rachel Miller	7:45-9pm Power Flow Katelyn Grady			

*Mysore class starts at 6am and ends at 8:30. Students may show up anytime between 6:00-7:30 to practice. There are no Mysore or Full Primary classes on New and Full Moon days, in accordance with Ashtanga tradition. Check the schedule online.

Stand-up Paddle Board Yoga will be held **every other Saturday from 10-11:30am at Northshore Beach. Check the online schedule, and **pre-register by Friday midnight if you need to rent a board**. August 24, September 7, and September 21 are upcoming dates.

This schedule WILL become outdated. Check the website for class descriptions and the most current timetable.