

	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
7 - 8AM			VINYASA Maili	VINYASA Elle	VINYASA Elle	VINYASA Elle	
9:30 - 10:45AM	VINYASA Sara Jade	VINYASA Elle	HATHA FLOW Maili	VINYASA Linzee	HATHA Manisha	AT RISK** Suzanne	VINYASA Suzanne
11 - 12:15PM	ASHTANGA Linzee		IYENGAR Luci	HATHA FLOW Sara Jade	RESTORATIVES Val	CANCER REHAB Suzanne	HATHA FLOW Suzanne
12:30 - 1:30PM	◇	ANUSARA* Geordie	VINYASA Reno	VINYASA Meghan	ANUSARA* Chantal	HATHA FLOW Suzanne	◇
4 - 5:15PM	ANUSARA Chantal	HATHA FLOW Val	VINYASA Sara Jade	HATHA FLOW Elle	ANUSARA* Geordie	ASHTANGA Katie	VINYASA Maili
5:45 - 7:15PM	ONE LOVE Reno	DETOX FLOW Suzanne	VINYASA Wade	ANUSARA* Meghan	VINYASA Wade	VINYASA Chris D.	YIN Elle
7:30 - 9PM	RESTORATIVES Maili	YIN Elle	YOGA DANCE Geordie	ONE LOVE Reno	MASTER PRACTICE Reno	◇	◇

All classes are mixed levels.

◇ Event

\* Anusara Inspired™

\*\* Referred from outreach programs

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