

# CLASS SCHEDULE

INSTRUCTOR	DAY	TIME	CLASS
Denise	Monday	9:30 am - 10:30 am	Slow Flow
		7:00 pm - 8:00 pm	Ashtanga Remix
	Tuesday	5:45 pm - 6:45 pm	Slow Flow
		7:15 pm - 8:15 pm	Short From Ashtanga
	Wednesday	9:30 am - 10:30 am	Slow Flow
		5:30 pm - 6:30 pm	Slow Flow
		7:00 pm - 8:00 pm	Ashtanga Remix
	Thursday	5:30 pm - 6:30 pm	Slow Flow
		7:00 pm - 8:00 pm	Ashtanga Remix
	Friday	9:30 am - 10:30 am	Slow Flow
		5:30 pm - 6:30 pm	Slow Flow
Jamie	Saturday	8:00 am - 9:00 am	Slow Flow
		9:30 am - 10:30 am	Slow Flow
		11:00 am - 12:00 pm	Short From Ashtanga
	Sunday	4:00 pm - 5:00 pm	Slow Flow
Julie	Sunday	9:30 am - 10:30 am	Slow Flow
Julie	Tuesday	9:30 am - 10:30 am	Slow Flow
	Thursday	9:30 am - 10:30 am	Slow Flow
Gwen	Monday	5:30 pm - 6:30 pm	Slow Flow

**YIN YOGA:** *A very quiet and passive practice all done in seated, holding postures longer to stretch the connective tissue that often doesn't get targeted in a regular asana practice.*

**Thai Yoga Massage:** *The therapist uses a gentle compression and stretching techniques to open the body, increasing flexibility to the muscles, joints and increasing circulation. This takes place on a quilted mat, on the floor wearing comfortable yoga clothing.*

**Ashtanga Remix:** *This class brings a fresh approach to an ancient practice that is linking breath and movement. It is an Ashtanga inspired practice with a vinyasa flow in a heated room.*