

Yoga Class Schedule

	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>
9am	Flow w/ Alex		Flow w/ Amy	
Noon	Flow w/ Alex	Flow w/ KJ		Flow w/ KJ
4pm			Beginners w/ Cari	
5:15pm	Prana Vinyasa Flow w/ Aubree	Prana Vinyasa Flow w/ Aubree	Flow w/ Cari	Flow w/ Alex or Ali
6:30pm	Flow w/ Ali	Flow w/ Alex	Flow w/ Ken	** THR Night Special ** Alex, Ali
7:45pm	Candlelight Yin w/ Valerie	Community Class w/ Alex	Candlelight Yin w/ Valerie	

	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>
8:15am		Strong Flow w/ John	
9:45am		Pre-Brunch Flow w/ Alex	Morning Flow w/ Tammy
Mid Day	Noon Flow w/ John	11am Meditation w/ Alex	
Afternoon	Friday Flow 5pm w/ Aubree		Community Class <i>(on select weekends, check online)</i> see schedule

**** Thursday Night Special **** Class Rotates 1st THR Neurogenic Yoga, 2nd THR Embodiment Yoga Somatics, 3rd THR Traditional Hatha Yoga, 4th + THR is a Floating Focus Month to Month

www.mainstreetyogacenter.org