



*Please confirm classes and teachers online
Pre-registering for classes is not required but is much appreciated*

Updated 2/24/17

Fall - Winter Class Schedule

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|---|
| 7:00-8:15 Kundalini Ravi Dev Singh | 7:30-8:30 Hatha Flow Kate Holmquist | 7:00-8:15 Hatha Flow Colleen Cash | 7:30-8:30 Hatha Flow Kate Holmquist | 7:00-8:15 Kundalini Dayaljoti Kaur | 8:00-8:45 Pranayama & Meditation Laurel Clohessy | |
| 9:00-10:15 Vinyasa Heather Beckett | | 9:00-10:15 Vinyasa Heather Beckett | | 9:00-10:15 Vinyasa Heather Beckett | 9:30-11:00 Kundalini Signa Cheney | 9:00-10:00 Gentle Lexa Gillespie |
| | 10:00-11:30 Kundalini Ajeet Kaur | | 10:00-11:30 Kundalini Signa Cheney | | | 10:30-12:00 Kundalini Marla Becker |
| 11:00-12:30 Therapeutic Michelle Barton | | 11:00-12:30 Therapeutic Michelle Barton | | 11:00-12:30 Therapeutic Michelle Barton | | |
| | 12:00-1:00 Vinyasa Pamela Sery | | 12:00-1:00 Vinyasa Pamela Sery | | 12:00-1:30 Therapeutic Michelle Barton | <i>Events 1-4</i> |
| | | | | | 2:00-3:15 Khalsa Way Prenatal Yoga* Rachel Robinson | |
| 5:30-6:45 Hatha Julie Serafina | 5:30-7:00 Kundalini Signa Cheney | 5:30-6:45 Hatha Angelle St.Pierre | 5:30-7:00 Kundalini Vani Kimbrell | 4:30-6:00 Kundalini Greg Allen | 4:30-6:00 Kundalini Vani Kimbrell | 4:30-6:00 Kundalini Willow Rains |
| 7:30-9:00 Kundalini Guru Surya Khalsa | 7:30-8:30 Gentle Angelle St.Pierre | 7:30-9:00 Kundalini Ajeet Kaur | 7:30-8:30 Gentle & Restorative Dianne Barrett | <i>Monthly Gong Meditations</i> | <i>Events 7-10</i> | 7:00-8:15 Yin & Gong Pamela Sery |

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* \$5-15 Suggested Donation Class