

**monday**

KRIPALU  
GENTLE  
8:15-9:30  
Annette

FLOW &  
RESTORE  
12:15-1:15  
Sasha

PILATES FLOW  
4:30-5:30  
Sharon

COMMUNITY  
4:30-5:30  
Morgan

COMMUNITY  
YI2SR  
5:45-7:00  
Krista

FLOW  
7:15-8:30  
Devin

**tuesday**

KRIPALU  
GENTLE  
8:15-9:30  
Martha

YOGA  
THERAPEUTICS  
NECK &  
SHOULDERS  
12:15-1:15  
Alison

INTERMEDIATE  
THERAPEUTICS  
SPINE & HIPS  
4:30-5:30  
Janet

KAIUT YOGA  
5:45-6:45  
Julia

**wednesday**

MINDFUL  
FLOW  
8:15-9:15  
Gaby

FLOW & YIN  
12:15-1:15  
Morgan

COMMUNITY  
4:30-5:30  
Sasha

YOGA WALL  
5:45-7  
Meg

HEATED FLOW  
7:15-8:15  
Zach

BURLINGTON  
KIRTAN\*  
7:30-9

**thursday**

FLOW  
7-8  
Zach

Meditation\*  
8:15-8:45  
Martha

KRIPALU I/II  
9-10:15  
Martha

YOGA  
THERAPEUTICS  
HIPS  
12:15-1:15  
Patsy

BEGINNER  
4:30-5:30  
Patrick

FLOW  
5:45-7  
Gaby

COMMUNITY  
7:15-8:30  
Devin

**friday**

FLOW  
7-8  
Adam

YOGA WALL  
12:15-1:15  
Michelle

COMMUNITY  
4:30-5:30  
Krista

**saturday**

MINDFUL  
FLOW  
7:45-8:45  
Rachel

VINYASA  
9-10:15  
Brian

**sunday**

FLOW  
8:45-10  
Kate

YOGA WALL  
9-10:10  
Patsy  
(starts Sept. 8)

BEGINNER  
10:30-11:30  
Kate

DE-STRESS  
4:30-5:30  
Patrick

FLOW AND  
RESTORE  
6-7:15  
Sasha

COMMUNITY  
MINDFULNESS  
PRACTICE\*  
6:30-8:30

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