



## SCHEDULE OF CLASSES

### Monday

<u>9:00 ~ 10:00am</u>	<u>Basic/Intro</u>	Anna
<u>10:30 ~ 11:30am</u>	<u>Gentle Yoga</u>	Carrie
<u>5:15 ~ 6:15pm</u>	<u>Flow</u>	Carrie
<u>6:30 ~ 7:30pm</u>	<u>Yin</u>	Tina
<u>6:30 ~ 7:45pm</u>	<u>Intro into Aerial Yoga</u>	Carrie

### Tuesday

<u>9:00 ~ 10:00am</u>	<u>Basic/Intro</u>	Julie
<u>10:30 ~ 11:30am</u>	<u>Yin &amp; Yang</u>	Anna
<u>5:15 ~ 6:15pm</u>	<u>Basic/Intro</u>	Carrie
<u>6:30 ~ 7:45pm</u>	<u>Hot Flow</u>	Natasha
<u>6:30 ~ 7:45pm</u>	<u>Aerial Yoga</u>	Meghan

### Wednesdays

<u>9:00 ~ 10:00am</u>	<u>Basic/Intro</u>	Diana
<u>10:30 ~ 11:30am</u>	<u>Gentle Yoga</u>	Anna
<u>5:15 ~ 6:15pm</u>	<u>Rest &amp; Restore</u>	Erica
<u>6:30 ~ 7:45pm</u>	<u>Slow Flow</u>	Eva
<u>6:30 ~ 7:30pm</u>	<u>Hot Flow</u>	Erica
<u>8:00 ~ 9:30pm</u>	<u>Yin</u>	Stephanie



Search: "White Lotus Healing & Yoga" on Facebook!

### Thursday

<u>9:00 ~ 10:00am</u>	<u>Somatic Flow</u>	Peggy
<u>10:30 ~ 11:30pm</u>	<u>Basic Yoga</u>	Taylor
<u>5:15 ~ 6:15pm</u>	<u>Flow</u>	Perry
<u>6:30 ~ 7:30pm</u>	<u>Candlelight Yin</u>	Natasha
<u>6:30 ~ 7:30pm</u>	<u>Yoga &amp; Weights</u>	Leah

### Friday

<u>9:00 ~ 10:00am</u>	<u>Basic/Intro</u>	Julie
<u>FRIDAY EVENING RESERVED FOR WORKSHOPS</u>		

### Saturday

<u>8:30 ~ 9:45am</u>	<u>Hot Flow</u>	Alexandra
<u>10:00 ~ 11:15am</u>	<u>Yin &amp; Yang</u>	Diana
<u>11:30 ~ 12:30pm</u>	<u>Flow</u>	Alexandra

### Sunday

<u>9:00 ~ 10:00am</u>	<u>Yoga &amp; Weights</u>	Leah
<u>6:00 ~ 7:00pm</u>	<u>Candlelight Yin</u>	Anna

### Class Levels:

- All Levels – Including Beginners
- Beginners
- Intermediate
- Advanced - Intermediate