**Monday**

**Sway Flow          8:30am to 9:30am     with Lori**

**Vinyasa Flow     5:45pm to 7:00pm     with Julie**

**Restorative        7:15pm to 8:30pm     with Julie**

**Tuesday**

**Enlighten         8:30am to 9:30am        with Katie**

**Novice              5:45pm to 6:45pm        with Katie - no class 2nd Tues of each month**

**Akhanda          7:00pm to 8:30pm        with Katie**

**Wednesday**

**Sway Flow          9:00am to 10:00am  with Kim**

**Vinyasa Flow    6:00pm to 7:00pm     with Lori**

**Yin                       7:15pm to 8:30pm     with Lori**

**Thursday**

**Novice                                 8:30am to 9:30am  with Kim**

**Kids class                            4:15pm to 5:15pm  with Dana**

**Prenatal/Novice                 5:30pm to 6:30pm with Lori -  no prenatal class last Thurday of each month\*\*\***

**Alignment-Based Hatha  7:00 pm to 8:15 pm  -Some of the teachers on rotation include:**

**Laura Harsha Conley, Jen Shtab, Tony Hernandez, and Nicole Harris**

**Friday**

**Sway Flow      8:30am to 9:30am     with Lori**

**Restorative    4:00pm to 5:15pm     with Julie**

**Yoga Nidra     6:00pm to 7:00pm     with Nicole \*\*\*\*starts April 17th**

**Prenatal/Novice  7:15pm to 8:15pm   with Lori - \*\*\*last Friday each month (to make up for the missed Thursday class!)**

**Saturday**

**Sway Flow                10:30am to 11:45am      with Lori**

***Mommy and Baby  12:00pm to 1:00pm   \*\*\*CANCELED\*\*\* (until further notice!!)***

**Sunday \*\*\*\*new schedule\*\*\*\***

**Enlighten                     9:30am to 10:30am  starts in April**

**Yoga for Athletes    11:00am to 12:15pm  with Lindsay  1st and 3rd Sundays  returns April 19th**

**Family Yoga with Kidding Around Yoga    12:30pm to 1:30pm  4th Sunday of every month**

**Donation based class - ALL ages welcome!!!  Bring the WHOLE family!!**

**Gentle Amrit              4:00pm to 5:15pm   with Nicole**

**Kundalini                    6:00pm to 7:30pm   with Simon**