Schedule

Monday

Scheduled Time	Class	Instructor
08:45 am - 10:15 am	Power Yoga All Levels	Drorit
10:30 am - 12:00 pm	Power Yoga All Levels	Alison
6:00 pm - 07:30 pm	Power Yoga All Levels	Zach
7:35 pm - 9:00 pm	Level 1 Yoga & Meditation	Lisa

Tuesday

Scheduled Time	Class	Instructor
08:45 am - 10:15 am	Power Yoga All Levels	Drorit
10:30 am - 12:00 pm	Power Yoga All Levels	Jessica
4:00 pm - 05:00 pm	Kids Yoga / 6-11 years old	Holly
6:00 pm - 07:30 pm	Power Yoga All Levels	Alison

Wednesday

Scheduled Time	Class	Instructor
08:45 am - 10:15 am	Power Yoga All Levels	Drorit
10:30 am - 12:00 pm	Power Yoga All Levels	Alison
6:00 pm - 07:30 pm	Power Yoga All Levels	Zach
7:35 pm - 9:00 pm	Level 1 Yoga & Meditation	Lisa

Thursday

Scheduled Time	Class	Instructor

08:45 am - 10:15 am	Power Yoga All Levels	Drorit
10:30 am - 12:00 pm	Power Yoga All Levels	Jessica
4:00 pm - 05:00 pm	Kids Yoga / 12-16 years old	Holly
6:00 pm - 07:30 pm	Power Yoga All Levels	Alison

Friday

Scheduled Time	Class	Instructor
08:45 am - 10:15 am	Power Yoga All Levels	Drorit
10:30 am - 12:00 pm	Power Yoga All Levels	Zach

Saturday

Scheduled Time	Class	Instructor
08:45 am - 10:15 am	Power Yoga All Levels	Drorit
10:30 am - 12:00 pm	Power Yoga All Levels	Ania
Please check our Mixers and Events for More Information		
07:15 pm - 08:45 pm	Mixers and Events	

Sunday

Scheduled Time	Class	Instructor
08:45 am - 10:15 am	Power Yoga All Levels	Holly
10:30 am - 12:30 pm	Power Yoga All Levels (*Donation Based*)	Zach