

SCHEDULE

MONDAY	DESCRIPTION	LEVEL	TEACHER
8:35am - 9:45am	Iyengar	1	Keri
10:15am - 11:45am	Iyengar	2	Michael
12:00pm - 1:00pm	Community Class ¹	1 - 2	Kami
5:45pm - 7:00pm	Prenatal Yoga		Jamie
7:35pm - 9:00pm	Vinyasa Flow	1 - 2	Maureen
TUESDAY			
8:35am - 10:00am	Gentle Yoga	ALL	Lisa
10:15am - 11:45am	Kundalini	ALL	Valinda
5:00pm - 6:00pm	Vinyasa Flow Power Hr	1 - 2	Josie
6:15pm - 7:30pm	Strong and Calm	ALL	Christopher
7:35pm - 9:00pm	Yoga For Beginners	1	Wendy
WEDNESDAY			
8:35am - 10:00am	Iyengar	1	Keri
10:15am - 11:45am	Iyengar	2	Michael
12:00pm - 1:00pm	Community Class ¹	1 - 2	Carrie
3:30pm - 4:30pm	Kids Yoga	Ages 4 - 8	Danay
4:30pm - 5:30pm	Kids Yoga	Ages 9-13	Danay
6:15pm - 7:40pm	Iyengar	ALL	Michael
7:45pm - 9:00pm	Vinyasa Flow	1 - 2	Maureen
THURSDAY			
8:35am - 10:00am	Gentle Yoga	ALL	Lisa
10:15am - 11:45am	Kundalini	ALL	Valinda
5:00pm - 6:00pm	Vinyasa Flow Power Hr	1 - 2	Josie
6:15pm - 7:25pm	Strong and Calm	ALL	Christopher
7:35pm - 9:00pm	Yoga For Beginners	1	Wendy
FRIDAY			
7:45am - 8:15am	Pranayama ¹ (Breath Meditation)	ALL	Michael
8:35am - 10:00am	Iyengar	1	Michael
4:45pm - 6:00pm	Kundalini	ALL	Flissa
6:00pm - 7:25pm	Relax Deeply	ALL	Lisa
SATURDAY			
9:35am - 11:00am	Iyengar	ALL	Michael
11:30am - 12:45pm	Strong and Calm	ALL	Christopher
SUNDAY			
9:30am - 10:50am	Vinyasa Flow	1 - 2	Josie
11:00am - 12:30pm	Yoga for Beginners	1	Wendy
4:30pm - 5:55pm	Vinyasa Flow	1 - 2	Maureen
6:00pm - 7:25pm	Iyengar Restorative	ALL	Michael
7:45pm - 9:00pm	Yoga Philosophy Discussion ²		

Times and teachers subject to change

Donation class. ¹

Free class. Open to the Public. ²

LYFEYogaCenter.com/schedule.asp