



LIVING YOGA

# WINTER 2020 SCHEDULE

Effective Thursday, Jan. 2, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	SUNRISE SADHANA 6:00 AM - 7:00 AM Joneil		SUNRISE SADHANA 6:00 AM - 7:00 AM Joneil			
					COMMUNITY VINYASA 8:00 AM - 9:00 AM Shirley	HOT YOGA 8:00 AM - 9:30 AM Denise
					HOT YOGA 8:30 AM - 10:00 AM Mi Han	FLOW & RESTORE 8:30 AM - 9:45 AM Anne
HOT YOGA 9:30 AM - 11:00 AM Joneil		HOT YOGA 26+2 9:30 AM - 11:00 AM David		HOT YOGA 9:30 AM - 11:00 AM Jeana	VINYASA 9:15 AM - 10:30 AM Charles	BACK TO BASICS 10:00 AM - 11:15 AM David
VINYASA 10:00 AM - 11:30 AM Keith	DHARMA YOGA 10:00 AM - 11:30 AM Yashmani	YIN & FLOW 10:00 AM - 11:30 AM Catherine	VINYASA 10:00 AM - 11:30 AM Catherine		YIN + RESTORATIVE + YOGA NIDRA 10:45 AM - 12:00 PM Mariko	DHARMA WHEEL 10:00 AM - 11:00 AM Joneil
					HOT YOGA 10:30 AM - 11:45 AM Denise	DHARMA YOGA 11:15 AM - 12:45 PM Joneil
LUNCH VINYASA 1:00 PM - 2:00 PM Catherine	LUNCH VINYASA 1:00 PM - 2:00 PM Yashmani	LUNCH VINYASA 1:00 PM - 2:00 PM Denise	LUNCH VINYASA 1:00 PM - 2:00 PM Maggie	LUNCH VINYASA 1:00 PM - 2:00 PM Denise	BACK TO BASICS 12:15 PM - 1:15 PM Denise	YOGA EN ESPAÑOL COMMUNITY CLASS 1:00 PM - 2:15 PM Diana
INTERMEDIATE/ ADVANCED 5:00 PM - 6:30 PM Joneil	GENTLE HATHA FLOW 5:00 PM - 6:15 PM Jeana	DHARMA WHEEL 5:00 PM - 6:15 PM Irena	YIN & FLOW 5:00 PM - 6:15 PM Catherine	GENTLE HATHA FLOW 5:00 PM - 6:15 PM Duane	VINYASA 5:00 PM - 6:15 PM Duane	
HOT YOGA 26+2 6:00 PM - 7:15 PM David	WARM VINYASA 6:00 PM - 7:15 PM Victor	BACK TO BASICS 6:00 PM - 7:15 PM Joneil	WARM VINYASA 6:00 PM - 7:15 PM Joneil	HOT YOGA 26+2 6:30 PM - 7:45 PM Olivia		
BACK TO BASICS 7:00 PM - 8:15 PM Mi Han	VINYASA 6:30 PM - 8:00 PM Jeana	VINYASA 6:30 PM - 7:45 PM Catherine	INTERMEDIATE/ ADVANCED 6:30 PM - 8:00 PM Yashmani	VINYASA 6:30 PM - 7:45 PM Neelu		
		YIN + RESTORATIVE + YOGA NIDRA 8:00 PM - 9:00 PM Yashmani				
HOT YOGA 8:00 PM - 9:15 PM Jeana	HOT YOGA 8:00 PM - 9:15 PM Diana	HOT YOGA 8:00 PM - 9:15 PM Denise	HOT YOGA 8:00 PM - 9:15 PM Jeana			

SCHEDULE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.  
LIMITED SCHEDULE IN EFFECT FOR MAJOR HOLIDAYS.  
DOORS OPEN 30 MINUTES BEFORE START OF CLASSES.

ALL LEVELS CLASS	HEATED CLASS	BEGINNER CLASS	BEGINNER FRIENDLY	DONATION CLASS
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