

Feb Challenge Class Schedule

See our website for teacher bios and class descriptions.

(Feb 2023)

(v) - Online (s) - in studio (o) - outdoor (h)- hybrid

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	7:30 -8:30 am (h) Salute the Sun (studio)&(online) All Levels Dena Levitz		7:00 -8:00 am (s) Meditate & Move All Levels Marianne Mollmann			
9:00 - 10:00 am (s) Yoga Core Fusion Moderato Jennifer Staunton	9:00 - 10:30 am (v) Therapeutic Yoga Online All Levels Evalena Leedy	9:00 - 10:00 am (h) Yoga Blend (studio)&(online) All Levels Shamina Rao	8:30-9:30 am (s) Yoga Blend All Levels Georgia Lowe	8:30 - 9:20 am (s) Strengthen: Flow Moderato Dena Levitz	9:30 - 10:30 am (s) Yoga Flow All Levels Lisa Jill Anderson	9:30 - 10:30 am (s) Community: Flow All Levels Community Class
	9:00 - 9:50 am (s) Strengthen: Flow Moderato Lisa Anderson	11:00-12:15 pm (s) Renewal Yoga All levels Erika Munro	10:00-11:00 am (s) Renewal Yoga All levels Georgia Lowe	10:00 - 11:00 am (v) Yin Yang Yoga Online All Levels Ariel Lim	11:00 - 12:15 pm (h) Yoga Blend (studio)&(online) Moderato Lisa Anderson	11:00- 12:15 pm (h) Yoga Blend (studio)&(online) All Levels Dena Levitz
11:00-12:15 pm (s) Renewal Yoga All levels Erika Munro	10:30-11:30 am (s) Renewal Yoga All levels Georgia Lowe	12:45 - 1:30 pm (v) Meditation for the Booked & Busy Online All Levels Dena Levitz	11:00 - 12:15 pm (v) Therapeutic Yoga Online All Levels Hannah Gruber	11:30-12:30 pm (h) Tension Release Yoga (studio)&(online) All Levels Sunee LaClaire	1:00 - 2:00 pm (s) Hip Hop Yoga Flow Moderato Sunee LaClaire	2:30 - 3:30 pm (s) Yoga: Advanced Alignment Allegro Hannah Gruber
5:30 - 6:30 pm (s) Yoga 101 Lento / Intro Hannah Gruber	6:00 - 7:00 pm (s) Yoga & Qi Gong Lento / Intro Talia Steiger	5:30 - 6:30 pm (s) PreNatal Yoga Lento Shamina Rao		1:00 - 1:50 pm (s) Sculpt & Flow All Levels Maureen Flynn	2:30-3:30 pm (h) Yoga Unwind (studio)&(online) All Levels Sunee LaClaire	4:00 - 5:15 pm (h) Relax: Yin & Yoga Nidra (studio)&(online) All Levels Hannah Gruber
7:00 - 8:00 pm (h) Stretch: Flow (studio)&(online) Moderato Hannah Gruber	7:30 - 8:30 pm (s) Community: Flow All Levels Community Class	8:00 - 9:00 pm (s) Community: Slow Flow All Levels Community Class	7:30 - 8:30 pm (s) Community: Flow All Levels Community Class	6:00 - 7:15 pm (s) Warrior Wind Down All Levels Maureen Flynn	4:00 - 5:15 pm (v) Therapeutic Yoga Online All Levels Evalena Leedy	
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YogaSole Class Levels: Lento = Slow/Intro Moderato = Moderate Allegro = Advanced

