


# Spring Class Schedule

See our website for teacher bios and class descriptions.

(March 2023)

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 - 10:00 am (s) <b>Yoga Core Fusion</b> Moderato Jennifer Satnton	9:00 - 10:30 am (v) <b>Therapeutic Yoga Online</b> All Levels Evalena Leedy	9:00 - 10:00 am (h) <b>Yoga Blend</b> (studio)&(online) All Levels Shamina Rao	8:30-9:30 am (s) <b>Yoga Blend</b> All Levels Georgia Lowe	8:30 - 9:20 am (s) <b>Strengthen: Flow</b> Moderato Dena Levitz	9:30 - 10:30 am (s) <b>Yoga Flow</b> All Levels Lisa Jill Anderson	9:30 - 10:30 am (s) <b>Community: Flow</b> All Levels Community Class
11:00-12:15 pm (s) <b>Renewal Yoga</b> All levels Erika Munro	9:00 - 9:50 am (s) <b>Strengthen: Flow</b> Moderato Lisa Anderson	11:00-12:15 pm (s) <b>Renewal Yoga</b> All levels Erika Munro	10:00-11:00 am (s) <b>Renewal Yoga</b> All levels Georgia Lowe	10:00 - 11:00 am (v) <b>Yin Yang Yoga Online</b> All Levels Ariel Lim	11:00 - 12:15 pm (h) <b>Yoga Blend</b> (studio)&(online) Moderato Lisa Anderson	11:00- 12:15 pm (h) <b>Yoga Blend</b> (studio)&(online) All Levels Dena Levitz
1-2 grade 3:15 - 4:30	3 - 5 grade 3:15 - 4:30	12:45 - 1:30 pm (v) <b>Mindfulness for the Booked &amp; Busy Online</b> All Levels Dena Levitz	11:00 - 12:15 pm (v) <b>Therapeutic Yoga Online</b> All Levels Hannah Gruber	11:30-12:30 pm (h) <b>Tension Release Yoga</b> (studio)&(online) All Levels Sunee LaClaire		
5:30 - 6:30 pm (s) <b>Yoga 101</b> Lento / Intro Hannah Gruber	5:30 - 6:30 pm (s) <b>Yoga &amp; Qi Gong</b> Lento / Intro Talia Steiger	5:30 - 6:30 pm (s) <b>PreNatal Yoga</b> Lento Shamina Rao	K yoga 3:15 - 4:30  Karate 5 - 6	  Karate 4-5pm		2:30 - 3:30 pm (s) <b>Yoga: Advanced Alignment</b> Allegro Hannah Gruber
7:00 - 8:00 pm (h) <b>Stretch: Flow</b> (studio)&(online) Moderato Hannah Gruber	7:30 - 8:30 pm (s) <b>Community: Flow</b> All Levels Community Class	8:00 - 9:00 pm (s) <b>Community: Slow Flow</b> All Levels Community Class	7:30 - 8:30 pm (s) <b>Community: Flow</b> All Levels Community Class	6:00 - 7:15 pm (s) <b>Warrior Wind Down</b> All Levels Maureen Flynn	4:00 - 5:15 pm (v) <b>Therapeutic Yoga Online</b> All Levels Evalena Leedy	4:00 - 5:15 pm (h) <b>Yin Yang Yoga</b> (studio)&(online) All Levels Hannah Gruber
<b>254 Windsor Place</b> <b>(@11th Ave)</b>	<b>Brooklyn, NY</b> <b>11221</b>	<b>YogaSole.com</b>		<b>info@yogasole.com</b>	<b>(718) 635.1958</b>	

**YogaSole Class Levels:** Lento = Slow/Intro Moderato = Moderate Allegro = Advanced