

Walk-ins welcome...No experience or reservations required!

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
AM	<i>Morning Front Office Hours: Monday - Friday open :30 minutes before each class / Saturdays, 8:30 am - 12:30 pm</i>						
8:30	Vinyasa (Julie) no class 9/1		Vinyasa (Julie)		Iyengar (Julie) no class 7/4		
9:00		Yin Yoga (Jana)		Yin Yoga (Jana)		Power Yoga (Stephanie) no class 7/26	
10:00	Nia (Sherry) no class 9/1		Nia (Sherry)		Vinyasa (Jana) no class 7/4		9:30 am Divine Vinyasa (Gusti) no class 9/7
10:30		Vinyasa (Debby)		Vinyasa (Debby)		Vinyasa (Gusti) no class 7/26 & 9/6	
PM	<i>Afternoon Front Office Hours: Monday - Thursday, 4:30pm - 7:30pm / Sundays, open :30 min before each class</i>						
12:15		Adaptive Yoga for MS* (Misty)				Adaptive Yoga for MS* (Andrea) no class 7/26 & 9/6	
5:00		Vinyasa (Gusti)		Vinyasa (Gusti)			Surya "HOT" Yoga (Jana)
5:30	Yin Yoga (Tamara) no class 9/1		Gentle Yoga (Tamara)				
6:20		Nia (Rebecca)		Adaptive Yoga for MS* (Gusti) no class 8/28			
6:45	Vinyasa (Tara) no class 9/1		Vinyasa (Tara)		Check website for updates to the schedule!		
7:30		Beginner Yoga (Gusti)		Nia (Rebecca) 8/28- class starts at 7 pm			

Divine Yoga Center

Classes are 60-75 minutes.
*Please arrive 15 minutes before class. Thursday class starts at 6:30 pm.