

Yoga Schedule

January 2 - May 31, 2023

Studio A

Sunday	8:45 am - 10:00 am	Hot Vinyasa Flow - Rotating Instructors
Monday	7:15 am - 8:15 am 10 am - 11 am 6 pm - 7:15 pm	Warm Yoga - Slow Flow - Karin Warm Slow Flow Yoga - Leah Hot Yoga Level I/II - Raquel
Tuesday	10 am - 11 am 12 pm - 1:15 pm 4:30 pm - 5:30 pm 6:15 pm - 7:30 pm	Warm Yoga, Gentle - Leah Level II Yoga - Pam Hot Vinyasa Flow - Earl Hot Yoga - 26/2 - Earl
Wednesday	7:15 am - 8:15 am 10 am - 11:15 am 5:15 pm - 6:15 pm 6:30 pm - 7:30 pm	Warm Yoga - Slow Flow - Karin Warm Yin - Karin Tribal Yoga - Chandra Warm Yin - Kathleen or Tina
Thursday	10 am - 11 am 6:45 pm - 7:45 pm	Hot Yoga, Level I - Vinyasa Flow - Leah Integration & Meditation Circle - Jonathan
Friday	7:15 am - 8:15 am 9 am - 10:30 am 12 pm - 1 pm	Hot Yoga - Slow Flow - Earl Hot Yoga - Level I/ II - Raquel Warm Gentle Yoga - Rotating Instructors
Saturday	8:45 am - 9:45 am 10 am - 11:15 am	Hot Yoga - Basics - Rotating Instructors Hot Yoga - Level II - Rotating Instructors



Classes held at 801 West Avenue, Suite 206

Etowah Valley Yoga

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Studio B

Sunday	11 am - 12 pm	Yoga - Rotating Instructors
Monday	7 am - 8 am 10 am - 11 am 5:30 pm - 6:30 pm 7 pm - 8 pm	AM Yoga - Lisa Better Backs Yoga - Angela Yoga Strong - Chandra Yin Yoga - Beth
Tuesday	7 am - 8 am 8:45 am - 9:45 am 10 am - 11 am 11:30 pm - 12:30 pm 1 pm - 2 pm 4:15 pm - 5:15 pm 5:30 pm - 6:30 pm 7 pm - 8 pm	AM Yoga - Angela Barre - Lisa Yoga - Lisa Chair Assisted Yoga - Lisa Restorative - Lisa Prenatal - Lisa Barre - Chandra All Levels Yoga - Beth
Wednesday	7 am - 8 am 10 am - 11 am 12 pm - 1 pm 5:30 pm - 6:30 pm	AM Yoga - Lisa Seniors Yoga - Lisa Level I/II Yoga - Rotating Instructors Better Backs Yoga - Lisa
Thursday	7 am - 8 am 8:45 am - 9:45 am 10 am - 11:00 am 11:30 am - 12:30 pm 5:30 pm - 6:30 pm 7 pm - 8 pm	AM Yoga - Angela Barre - Lisa Yin/Yang - Lisa Chair Assisted Yoga - Lisa Level I/II Yoga - Chandra Yoga Basics - Kathleen or Tina
Friday	7 am - 8 am 10 am - 11:15 am 4:30 pm - 5:30 pm	AM Yoga - Lisa Gentle Yoga - Beth Happy Hour Yoga - Mike/Lisa
Saturday	9 am - 10:15 am	Yoga - Rotating Instructors



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