

Yoga Schedule

June 1 - September 1, 2023

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



Classes held at 801 West Avenue, Suite 206

Etowah Valley Yoga