

Yoga Schedule

Thru May 28, 2024

Studio A

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



Classes held at 801 West Avenue, Suite 206

Etowah Valley Yoga

Yoga Schedule

Thru May 28, 2024

Studio B

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



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