



Fall 2019

	Time	Level	Class	Teacher
<b>M O N</b>	6:15am - 7:30am	Multi-Level	Transitions (Vinyasa)	Dylan Noebels
	2:00pm - 3:30pm	Multi-Level	Skill in Viny/Asana	Theresa Elliott
	4:15pm - 5:30pm	Multi-Level	Stationary Postures	Theresa Elliott
	6:00pm - 7:15pm	Beginning	Stationary Postures	Kathleen Meehan Lorenzo
<b>T U E</b>	6:15am - 7:30am	Multi-Level	Sunrise Yoga	Michelle Quigley Pearson
	9:15am - 10:30am	Vigorous	Yogadance	Theresa Elliott
	4:30pm - 5:30pm	N/A	Special Needs	Alison Solam
	6:30pm - 7:45pm	N/A	Feldenkrais®	Becci Parsons
<b>W E D</b>	6:15am - 7:30am	Multi-Level	Transitions (Vinyasa)	Dylan Noebels
	2:00pm - 3:30pm	Multi-Level	Yoga Anatomy Lab	Theresa Elliott
	10:00am - 11:15am	Gentle	Gentle Yoga	Tara Bernstein
<b>T H U</b>	6:15am - 7:30am	Multi-Level	Sunrise Yoga	Michelle Quigley Pearson
	9:15am - 10:30pm	Multi-Level	Mota Perpetua	Theresa Elliott
	7:15pm - 8:30pm	Beginning	Stationary Postures	Kathleen Meehan Lorenzo
<b>F R I</b>	6:15am - 7:30am	Multi-Level	Transitions (Vinyasa)	Dylan Noebels
	10:00am - 11:15am	N/A	Deep Listening	Becci Parsons
<b>S A T</b>	8:30am - 9:45am	Multi-Level	Transitions (Vinyasa)	Kathleen Meehan Lorenzo
<b>S U N</b>	9:00am - 10:45am*	Multi-Level	Skill in Viny/Asana	Elliott,Befus,Meehan,Nobels

\* 1st Sun, T Elliott. 2nd Sun, M Befus. 3rd Sun, K Meehan Lorenzo. 4th Sun, D Noebels