

# CLASS SCHEDULE

|                         |                 | Monday                               | Tuesday                                   | Wednesday                                | Thursday                                 | Friday                                   |                         |                 |  |   |
|-------------------------|-----------------|--------------------------------------|---|--|--|--|-------------------------|-----------------|--|---|
| <b>Weekday Schedule</b> | 9:00am-10:00am  | <b>Core Flow</b><br>with Fran        | <b>Hatha Flow</b><br>with Ellie           | <b>Hatha Flow</b><br>with Fran           | <b>Core Flow</b><br>with Margaret        | <b>Hatha Flow</b><br>with Anne           | <b>Weekend Schedule</b> | 9:00am-10:00am  | <b>Power FUNDamentals</b><br>with Jo-Ann | <b>HOT Power FUNDamentals</b><br>with Debra |
|                         | 10:15am-11:30am | <b>Yin **</b><br>with Lynn           | <b>Yin **</b><br>with Ellie               | <b>Yin **</b><br>with Anne               | <b>Gentle Hatha **</b><br>with Roxanne   | <b>Yin **</b><br>with Anne               |                         | 10:30am-11:30am | <b>Hatha All Levels</b><br>with Anne     | <b>Hatha All Levels</b><br>with Debra       |
|                         | 12:00pm-1:00pm  | <b>Hatha All Levels</b><br>with Lynn | <b>Hatha FUNDamentals</b><br>with Roxanne | <b>Hatha All Levels</b><br>with Lynn     | <b>Yin</b><br>with Anne                  | <b>Hatha All Levels</b><br>with Patricia |                         | 11:45am-12:45pm | <b>Yin</b><br>with Anne                  | <b>Yin</b><br>with Ellie                    |
|                         | 5:15pm-6:15pm   | <b>Hatha All Levels</b><br>with Fran | <b>Hatha All Levels</b><br>with Anne      | <b>Hatha FUNDamentals</b><br>with Jo-Ann | <b>Hatha All Levels</b><br>with Patricia |  |                         |                 |  |   |
|                         | 6:30pm-7:30pm   | <b>Warm Flow</b><br>with Lynn        | <b>Core Flow</b><br>with Fran             | <b>Hatha Flow</b><br>with Ellie          | <b>Hatha Flow</b><br>with Mary           |  |                         |                 |  |   |
|                         | 7:45pm-9:00pm   | <b>Yin **</b><br>with Lynn           | <b>Good Night Yoga **</b><br>with Ellie   | <b>Yin **</b><br>with Anne               | <b>Good Night Yoga **</b><br>with Mary   |  |                         |                 |  |   |
|                         |                 |                                      |   |  |  |  |                         |                 |  |   |

\*\* 75 minute classes

Please visit our website frequently for current information about our scheduled classes, workshops and special events [www.kalyanayoga.com](http://www.kalyanayoga.com)