

2010 (January - April) at The Yoga Lounge

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|--|--|--|--|--|
| | | | | | Slow Flow 8 - 9:15 am (Heated Room) | |
| Level 1 9:30 - 11:00 am (Flow) | Yin/Yang 9:30 - 11:00 am | Level 1 Ashtanga 9:30 - 11:00 am | Yin/Yang 9:30 - 11:00 am | Restore 9:30 - 11:00 am | Mixed Level 10 - 11:30 am (Flow) | Mixed Level Ashtanga 10 - 11:30 am |
| Mixed Level 12 - 12:50 (Flow) | Mixed Level 12 - 12:50 (Flow) | Mixed Level 12 - 12:50 (Flow) | Mixed Level 12 - 12:50 (Flow) | Mixed Level 12 - 12:50 (Flow) | | Yin Yoga 12 - 1:15 |
|  | | Try Slow Flow yoga in a heated room. Now Tues, Thurs and Sat. Bring a towel. | | Ashtanga classes follow the traditional series | *All classes are drop-in except where noted. See workshop and events page for special classes not listed on schedule. | |
| | Slow Flow 4 - 5:15 (Heated Room) | | Slow Flow 4 - 5:15 (Heated Room) | | | |
| Mixed Level Ashtanga 5:30 - 6:45 | Level 1 Ashtanga 5:30 - 6:45 | Level 1 5:30 - 6:45 (Flow) | Mixed Level Ashtanga 5:30 - 6:45 | Mysore 5:30 - 7:00 | Yin Yoga 5 - 6:15 | Hatha 5 - 6:15 |
| Ashtanga Foundation 7 - 8:30 | Yin Yoga 7 - 8:30 | New Registered Class (See Website) | Yin Yoga 7 - 8:30 | | Ashtanga foundation, slow flow, restore, and Hatha are suitable for beginners and beyond. Level 1 classes, yin/yang, and yin are suitable for those with some experience. Mixed level and Mysore classes are suitable for those with more experience. | |