

2010 (May - August) at The Yoga Lounge

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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)	Hot Flow 12 - 1:15	Yin Yoga 12 - 1:15
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.	
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
Registered Class Yoga for Beginners 7 - 8:30	Yin Yoga 7 - 8:30	(New Class!) Yin Yoga 7 - 8:30	Yin Yoga 7 - 8:30		Hatha, Restore and Yin classes are suitable for beginners and beyond. Level 1, Yin/Yang, and Hot Flow classes are suitable for those with some experience. Mixed level and Mysore classes are suitable for those with more experience.	