



EGAD

SCHEDULE

SUNDAY

| | |
|-------|----------------------|
| 9:30A | GENTLE YOGA |
| 11A | VINYASA (ALL LEVELS) |
| 3P | VINYASA (ALL LEVELS) |
| 4:30P | RESTORATIVE YOGA |
| 6P | RESTORATIVE YOGA |

MONDAY

| | |
|--------|----------------------|
| 9:30A | VINYASA (ALL LEVELS) |
| 11A | GENTLE YOGA |
| 12:15P | HAPPY HOUR FLOW \$10 |
| 4:30P | GENTLE YOGA |
| 6P | VINYASA (ALL LEVELS) |
| 7:30P | YIN + RESTORE |

TUESDAY

| | |
|-------|------------------|
| 8A | GENTLE YOGA |
| 9:30A | MELT METHOD |
| 10A | GARDENING 101 |
| 11A | MELT METHOD |
| 4:30P | GENTLE YOGA +YIN |
| 6P | VINYASA |
| 7:30P | POWER FLOW |

WEDNESDAY

| | |
|-------|----------------------|
| 9:30A | VINYASA LEVEL 2 |
| 11A | GENTLE YOGA |
| 4:30P | GENTLE YOGA |
| 5:45P | VINYASA (ALL LEVELS) |
| 7:15P | RESTORATIVE YOGA |

THURSDAY

| | |
|-------|----------------------|
| 8A | GENTLE YOGA |
| 9:30A | VINYASA (ALL LEVELS) |
| 11A | GARDEN:WORK TRADE |
| 10A | FLOW + RESTORE |
| 4:30P | GENTLE YOGA + YIN |
| 6P | VINYASA LEVEL 2 |
| 7:15P | YIN:YASA |

FRIDAY

| | |
|-------|----------------------|
| 9:30A | VINYASA |
| 11A | GENTLE YOGA |
| 4P | RESTORATIVE |
| 12:15 | ROLL + RELEASE |
| 5:30P | HAPPY HOUR FLOW \$10 |
| 6:45P | YIN YOGA |

SATURDAY

| | |
|-------|----------------------|
| 8A | GENTLE YOGA |
| | VINYASA (ALL LEVELS) |
| 9:30A | FLOW + RESTORE |
| 11A | BEGINNER YOGA |
| 4P | |