



August Schedule -all teachers & classes subject to change

MONDAY

- (7:30am-9:00)** - Ashtanga Primary Series - Taught by Andrew Linton - HIGHLAND RD
- (9:00am-10:15)** - All Level Vinyasa Flow - Taught by John Eeds - HIGHLAND RD
- (4:30-5:45pm)** - All Level Vinyasa Flow - Taught by Kim Matsko - HIGHLAND RD
- (6:00-7:15pm)** - BASICS - Taught by Amanda Gonzalez - HIGHLAND RD
- (6:15-7:30pm)** - All Level Vinyasa Flow - Taught by Jen Richard - HIGHLAND RD
- (7:00-8:15pm)** - Power Yoga - Taught by Kristin DeMarco - MID CITY
- (7:30-8:45pm)** - HOT YOGA - Taught by Jen Richard - HIGHLAND RD

TUESDAY

- (5:45am-6:45)** - Power Yoga - Taught by Kristin DeMarco - MIDCITY
- (8:30am-10:00)** - Ashtanga Primary Series - Taught by John Eeds - HIGHLAND RD
- (9:00am-10:30)** - All Level Hatha Flow - Taught by Alison McGehee - HIGHLAND RD
- (5:30-6:45pm)** - All Level Vinyasa Flow - Taught by Kim Matsko - MIDCITY
- (6:00-7:15pm)** - BASICS - Taught by Alison McGehee - HIGHLAND RD
- (6:15-7:45pm)** - Jivamukti Yoga - Taught by Amanda Gonzalez - HIGHLAND RD

WEDNESDAY

- (8:30am-9:30)** - Gentle Plus - Taught by Ann Saxon - HIGHLAND RD
- (9:00am-10:30)** - All Level Hatha Flow - Taught by Alison McGehee - HIGHLAND RD
- (4:30-5:45pm)** - All Level Vinyasa Flow - Taught by Amanda Gonzalez - HIGHLAND RD
- (6:15-7:45pm)** - Ashtanga Primary Series - Taught by Andrew Linton - HIGHLAND RD
- (7:00-8:15PM)** - All Level Vinyasa Flow - Taught by Jen Richard - MID CITY
- (7:30-8:45pm)** - HOT YOGA - Taught by Hannah Lane - HIGHLAND RD

THURSDAY

- (5:45am-6:45)** - Power Yoga - Taught by Kristin DeMarco - MID CITY
- (8:30am-10:00)** - Ashtanga Primary Series - Taught by Andrew Linton - HIGHLAND RD
- (9:00am-10:30)** - All Level Hatha Flow - Taught by Alison McGehee - HIGHLAND RD
- (4:30-5:45pm)** - All Level Vinyasa Flow - Taught by Kim Matsko - HIGHLAND RD
- (5:30-6:45pm)** - All Level Vinyasa Flow - Taught by Mary Normann - MID CITY
- (6:00-7:15pm)** - BASICS - Taught by Kim Matsko - HIGHLAND RD
- (6:15-7:45pm)** - Jivamukti Yoga - Taught by Amanda Gonzalez - HIGHLAND RD

FRIDAY

- (7:30am-9:00)** - Ashtanga Primary Series - Taught by Andrew Linton - HIGHLAND RD
- (9:00am-10:15)** - All Level Vinyasa Flow - Taught by John Eeds - HIGHLAND RD
- (3:00-4:15pm)** - All Level Vinyasa Flow - Amanda Gonzalez HIGHLAND RD
- (5:30-6:45pm)** - Power Yoga - Taught by Kristin DeMarco - MID CITY
- (6:00-7:15pm)** - All Level Vinyasa Flow - Taught by Jen Richard - HIGHLAND RD

SATURDAY

- (9:00am-10:00)** - Basics - Taught by Kim Matsko - HIGHLAND RD
- (10:00am-11:15)** - All Level Vinyasa Flow - Taught by Mary Normann - HIGHLAND RD
- (10:00am-11:15)** - All Level Vinyasa Flow - Taught by Marifer Mann - MID CITY
- (11:30am-12:45)** - HOT YOGA - Taught by Kim Matsko - HIGHLAND RD
- (12:00-1:15pm)** - All Level Vinyasa Flow - Taught by Marifer Mann - MID CITY

SUNDAY

- (10:00am-11:30)** - Ashtanga Primary Series - Taught by Andrew Linton - HIGHLAND RD
- (3:30-4:45pm)** - BASICS - Taught by John Eeds - HIGHLAND RD
- (5:00-6:15pm)** - All Level Vinyasa Flow - Taught by Kristin De Marco - HIGHLAND RD

HIGHLAND RD - 7384 Highland Rd @ Kenilworth

MID CITY - 1857 Government St @ CIRCA 1857

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