

YOGABLU CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES						
	6:30 - 7:15 AM Rise + Flow Terra Lee Berlinski	6:15 - 7:15 AM Rise + Flow Kelsey Wooten	6:15 - 7:15 AM Rise + Flow Elizabeth Smedley			
					8:00 - 9:15 AM Power Yoga Kate Berlin	
8:30 - 9:45 AM Power Kelsey Wooten	8:30 - 9:45 AM Yoga Flow Terra Lee Berlinski	8:30 - 9:45 AM Power Scott Temples	8:30 - 9:45 AM Yoga Flow Amanda Riker	8:30 - 9:45 AM Yoga Flow Vanessa Costanzo	9:30 - 11AM Yoga Flow Kate Berlin	
10:00 - 11:15 AM Conscious Flow Andrea Behler		10:00 - 11:30 AM Flow/Yin Scott Temples		10:00 - 11:15 AM Yoga Flow Elizabeth Smedley		10:00 - 11:30 AM Hot Yoga Jonathan Barrett
					11:30 - 12:45 PM Hot Yoga Jonathan Barrett	
12:00 - 1:00 PM Gentle Yoga Danielle McCourt	12:00 - 1:00 PM Power Hour Elizabeth Smedley	12:00 - 1:00 PM Gentle Yoga Kate Berlin	12:00 - 1:00 PM Power Hour Kate Berlin			
EVENING CLASSES						
5:30 - 7:00 PM Hot Yoga Scott Temples				5:30 - 6:45 PM Flow/Yin Scott Temples		
	6:00 - 7:15 PM Yoga Flow Jessica Yatooma	6:00 - 7:00PM Power Amanda Riker	6:00 - 7:15 PM Power Danielle McCourt			
7:30 - 8:45 PM Hot Power Allison Lupica	7:30 - 8:45 PM Hot Yoga Allison Lupica	7:30 - 8:45 PM Hot Power Elise Caruthers	7:30 - 8:45 PM Gentle Yoga Danielle McCourt			