



Inner Power Yoga Class Schedule

v 5 classes \$85

v 10 classes \$160

v Monthly auto renewal options are available with a 6 month commitment. Please call or visit the studio for more information

v 25 classes \$370

<< Indicates cash or check only

**** Schedule last revised on: 12/3/2018 ****

DAY	TIME	CLASS	LEVEL	TEACHER	NOTES	
MONDAY	8:00-9:00AM	Hour of Power	All Levels	Jamie	Strength+Balance+Flexibility \$14	
	9:00-10:25AM	Power Yoga	All Levels	Linda	\$18	
	9:30-10:30AM	Morning Prenancy	All Levels	Kristen	Prepares you for labor \$18	
	10:45-12:00PM	Mindful Yoga Flow	All Levels	DaniJela	\$14	
	10:45-12:00PM	Hathalini	All Levels	Kristen	\$12 Introductory Rate	
	12:00-1:15PM	Power Yoga Flow	All Levels	Stephanie	\$11	
	4:00-5:30PM	Power Yoga	All Levels	Jonathan	\$18	
	6:00-7:30PM	Deep Alignment	All Levels	Wayne	\$18	
	7:00-8:30PM	Vinyasa Flow	All Levels	Dave	\$18	
	TUESDAY	6:45-7:45AM	Sunrise Breath + Balance	All Levels	Nikki	\$15 cash
7:45-9:00AM		Freedom Flow	All Levels	Natasha	\$14	
8:30-9:45AM		Power Yoga	All Levels	DaniJela	\$14	
9:15-10:30AM		Conscious Movement	All Levels	Karen	Breath+Balance+Strength \$14	
10:00-11:30AM		Power Yoga	Levels 2 & 3	Linda	Prior yoga experience recommended \$18	
11:30-12:30PM		Beginner Basics	All Levels	Anat	\$13	
12:00-1:15PM		Vinyasa Magic	All Levels	Megan	Community \$11	
4:00-5:30PM		Power Yoga	All Levels	Jason	\$18	
4:30-5:30PM		Gentle Yoga	All Levels	Angelique	\$14	
6:00-7:30PM		Power Yoga	All Levels	Ish	\$18	
6:00-7:30PM		Yin Yoga	All Levels	Jason	Long holds, stretch and inner awareness \$18	
8:00-9:30PM		Acro Yoga	All Levels	Kvna	\$15 cash or VENMO	
WEDNESDAY		8:00-9:00AM	Hour of Power	All Levels	Jamie	Strength+Balance+Flexibility \$14
	9:00-10:25AM	Power Yoga	All Levels	Betty	\$18	
	10:30-11:30AM	Breath Work & Meditation	All Levels	Carmen Jov	By Donation, \$11 suggested (cash only)	
	10:45AM-12:00PM	Mindful Yoga Flow	All Levels	DaniJela	\$14	
	12:05-1:20PM	Vinyasa Flow	All Levels	Karen S.	Community \$11	
	4:00-5:00PM	Family Yoga	All Levels	Karen S.	\$12 per class or 6 classes for \$65	
	4:00-5:30PM	Power Yoga	All Levels	Jason	\$18	
	5:30-6:45PM	Restorative Yoga	All Levels	Karen S.	Physical & Mental Relaxation \$17	
	6:00-7:30PM	Power Yoga	All Levels	Linda	\$18	
	THURSDAY	6:45-7:45AM	Sunrise Breath + Balance	All Levels	Nikki	\$15 cash
7:45-9:00AM		Freedom Flow	All Levels	Natasha	\$14	
8:30-9:45AM		Power Yoga	All Levels	Betty	\$18	
9:15-10:30AM		Conscious Movement	All Levels	Karen	Breath+Balance+Strength \$14	
10:00-11:30AM		Power Yoga	Levels 2 & 3	Linda	Prior yoga experience recommended \$18	
12:00-1:15PM		Vinyasa Magic	All Levels	Megan	Community \$11	
4:00-5:15PM		Vinyasa Flow	All Levels	Chevonne	\$14	
5:00-6:00PM		Restorative Yoga	All Levels	Julie	\$12	
6:00-7:30PM		Power Yoga	All Levels	Ish	\$18	
7:00-8:00PM		Yoga Basics	Level 1	Michal	Learning the basics \$13	
7:45-9:00PM		Gentle Yoga	All Levels	Karen S.	By Donation, \$11 suggested (cash only)	
FRIDAY		8:00-9:15AM	Friday Power Flow	All Levels	Jill	\$14
		9:00-10:25AM	Easy Flow	All Levels	Wayne	\$18
	9:30-10:30AM	Morning Prenancy	All Levels	Kristen	Prepares you for labor \$18	
	10:45AM-12:00PM	Kundalini	All Levels	Kristen	\$18	
	10:30AM-12:00PM	Power Yoga	Levels 2 & 3	Wayne	\$18	
	12:05-1:20PM	Vinyasa Flow	All Levels	Alex	Community \$11	
	4:00-5:30PM	Power Yoga	All Levels	Jonathan	\$18	
SATURDAY	6:00-7:15PM	Evening Yoga Flow	All Levels	Megan	Community \$11	
	8:00-9:30AM	Power Yoga	All Levels	Jonathan	\$18	
	9:00-10:15AM	Yoga Flow	All Levels	DaniJela	Yoga with a hint of essence \$14	
	10:00-11:15AM	Power Yoga	All Levels	Linda	\$18	
	12:00-1:00PM	Vinyasa Flow	All Levels	Masa	Community \$11	
SUNDAY	2:00-3:30PM	Mindful Yoga Flow	All Levels	Anat		
	4:00-5:30PM	Power Yoga	All Levels	Stephanie		
	8:30-9:45AM	Vinyasa Flow	All Levels	Chevonne	Empower intention through practice \$18	
	10:05-11:45AM	Power Yoga	All Levels	Wayne	\$18	
	12:15-1:30PM	Power Vinyasa	All Levels	Alex		
	2:15-3:30PM	Intro to Yoga Asana	Level 1	Tori		
	4:00-5:30PM	Power Yoga	All Levels	Jason	\$18	
5:30-6:30PM	Vinyasa Yoga	All Levels	Angelique	Community \$11		
6:00-7:15PM	Restorative Yoga	All Levels	Antje	Reduce anxiety, improve immunity \$18		