

HAMSA YOGA FALL SCHEDULE

EFFECTIVE NOV 1 –DEC 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30-10:30 GENTLE HATHA* Erin	9:30-10:30 STRETCH + UNWIND (YIN)* Erin	9:30-10:30 GENTLE HATHA* Perry	9:30-10:30 STRETCH + UNWIND (YIN)* Andrea	9:30-10:30 GENTLE HATHA* Andrea	9:00-10:00 YOGA 101* Tiffany	9:30-10:30 RISE + MELT* Carey (WARM class)
	12:00-1:00 BEGINNER YOGI SERIES (2x/wk) * Tiffany (Nov 7-Nov 24)	12:00-1:00 STRETCH + UNWIND (YIN)* Tiffany		12:00-1:00 BEGINNER YOGI SERIES (2x/wk)* Tiffany (Nov 7-Nov 24)	10:30-11:30 WARM FLOW* Robyn	
5:00-6:00 HAMSA MIX* Monica	5:30-6:30 BLEND + BEND* Meghan		5:30-6:30 FLOW + GLOW Cara	5:30-6:30 BEATS + BLISS Stephanie		
6:30-7:30 HOT FLOW Andrea	6:00-7:00 HOT FLOW Kat	6:00-7:00 HAMSA MIX* Tiffany	5:30-6:30 YOGA WALL Tiffany		10:30-11:30 KIDS YOGA SERIES Andrea (Sept 30-Nov 18)	7:30-8:15 MEDITATION SERIES Carey (Oct 15-Nov 19)
7:00-8:00 STRETCH + UNWIND (YIN)* Carey	7:00-8:00 PRENATAL SERIES Emily (Sept 19-Nov 7)	6:00-7:00 HOT FLOW Stephanie	6:45-7:45 BEGINNER YOGI SERIES Tiffany (Oct 12-Nov 16)	*Suitable for beginners		
		7:30-8:30 WARM FLOW Stephanie		STUDIO HOLIDAYS: PLEASE SEE MODIFIED HOLIDAY SCHEDULE ONLINE		