

Yoga Schedule – August 2022

(VRT = Virtual)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8am - 9:30am						Heated 26 & 2/ VRT 90min (Allie Moscarelli)	Heated 26 & 2/ VRT 90min (Allie Moscarelli)
9:30am – 10:30 / 11 am	Heated 26 & 2 / VRT 90 min (Jerome Cramer)	Beg. Yoga / VRT 60 min (Liisa Pruzek)	Heated 26 & 2/ VRT 90 min (Jerome Cramer)	Heated Yoga Flow / VRT 60 min (Kendyl Welker)	Heated 26 & 2/ VRT 90 min (Jerome Cramer)		
10am - 11:30am						Heated 26 & 2/ VRT 90 min (Allie Moscarelli)	Yoga for the Spine /VRT 90 min (Allie Moscarelli)
11am – 12pm		Interm. Yoga / VRT 60 min (Liisa Pruzek)					
12pm – 1pm							
3pm – 4:00pm				Private Lessons 60 min (Allie Moscarelli)			
4pm – 5pm				Private Lessons 60 min (Allie Moscarelli)			
5pm – 6pm				Private Lessons 60 min (Allie Moscarelli)			
5:30pm – 6:30pm	Rest & Restore (Yin Yoga) / VRT 60 min (Jerome Cramer)	Chakra Vinyasa / VRT 60 min (Kendyl Welker)	Rest & Restore (Yin Yoga) / VRT 60 min (Jerome Cramer)				
6:30pm – 7:30pm				All Levels Yoga / VRT 60 min (Liisa Pruzek)			