

# heartworkstudio

yoga · teacher training · barre classes

## FALL DAILY CLASS SCHEDULE

September 11 - December 22, 2017

### SUNDAY

8:45-10:00 am	Slow Flow	Dana
10:30-11:25 am	Barre Tone	Dana
4:00-5:00 pm	Heated Power	Amy
7:00-8:05 pm	Candlelit Relaxation Yoga ∞	Amy

### MONDAY

8:30-9:45 am	Slow Flow	Alice
12:00-1:00 pm	Slow Flow	Alice
4:15-5:10 pm	Barre Tone	Shawnee
5:30-6:45 pm	Vinyasa	Shawnee

### TUESDAY

8:30-9:45 am	Vinyasa	Amy
12:00-1:00 pm	<b>\$7</b> Vinyasa	Michelle
5:30-6:30 pm	Deep Stretch/Yin ∞	Michelle
7:00-8:00 pm	Beginning Yoga ∞	Mary
7:00-8:00 pm	Hot Yoga	Michelle

### WEDNESDAY

6:00-7:00 am	Vinyasa	Deb
8:30-9:30 am	<b>\$7</b> Slow Flow	Deb
12-12:55 pm	Barre Tone	Amy
5:30-6:25 pm	Barre Tone	Jamie
6:45-8:00 pm	Prenatal & Postnatal Yoga ∞	Sarah
7:00-8:15 pm	Deep Stretch/Yin ∞	Michelle

### THURSDAY

5:15-6:00 am	<b>\$7</b> HIIT the Barre	Amy H
8:30-9:45 am	Vinyasa	Katie
12-1:00 pm	Deep Stretch/Yin ∞	Katie
4:15-5:10 pm	<b>\$7</b> Barre Tone	Shawnee
5:30-6:45 pm	Vinyasa	Shawnee

### FRIDAY

8:45-10:00 am	Slow Flow	Daisy
8:45-10:00 am	Power Yoga	Amy
10:30-11:20 am	<b>\$7</b> Chair Yoga	Marie
12:00-1:00 pm	Slow Flow	Amy
4:30-5:25 pm	Barre	Dana
5:30-6:30 pm	<b>\$7</b> Vinyasa	Delia

### SATURDAY

8:30-9:45 am	Vinyasa	Shawnee
8:30-9:30 am	Beginning Yoga ∞	Michelle
9:45-10:45 am	Deep Stretch/Yin ∞	Michelle
10:00-11:15 am	Slow Flow	Shawnee
11:30-12:25 pm	Barre Tone	Jamie

∞ - class suitable for all fitness levels -

[www.heartworkyoga.com](http://www.heartworkyoga.com)