


NIRVANA YOGA

Weekly Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:45 - 9AM Mindfulness Meditation	8:45 - 9AM Mindfulness Meditation	8:45-9AM Mindfulness Meditation		8:45 - 9AM Mindfulness Meditation	7:15 - 8:15AM Pilates / Yoga Mary online-only
	9:15 - 10:30AM Hatha Yoga Susan	9:15 - 10:15AM Earth Series Kate	9:15 - 10:30AM Vinyasa Kate	10 - 11AM Gentle Yoga Jolie	9:15 - 10:15AM Fire Series Kate	10 - 11:15 AM Chakra Yoga Susan
Sunday is open for special events and workshops		11 - 12:30PM <i>Svaroopaa</i> ® Andrea				Saturday is open for special events and workshops
	4 - 5PM Flow & Restore Kate			4 - 5PM Flow & Restore Alicia		
	5:15 - 6:15PM Fire/Earth Series Kate	5:30 - 6:30PM Vinyasa Alan	5:15 - 6:15PM Beginners Kate	5:30 - 6:30 PM Restorative Yoga & Nidra Kate	5:30 - 6:45 PM UNWIND POP-UP Only 1x a month	
	6:45 - 7:45PM Gentle Yoga Jolie	6:45 - 7:45PM Beginners Lesley	6:45 - 8PM Yin Yoga Kate			