

 ELEVATE YOGA Jan 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	Restorative <i>Jorge</i>	Power Vinyasa <i>Michele</i>	Align & Flow <i>Laurel</i>	Bilingual Flow <i>Michele</i>			
6:45 AM		Restorative <i>Kate</i>		Gentle (safe for prenatal) <i>Erika</i>	Bilingual Vinyasa <i>Andrea</i>		
8:30 AM	Qi Gong <i>Allyson</i>	Align & Flow <i>Ashlee</i>	EarthWays Yoga <i>Meghan</i>	Vin/Yin <i>Betsy</i>		Align & Flow <i>Jordan</i>	
9:00 AM							Gentle (safe for prenatal) <i>Christina</i>
9:45 AM				Adaptive <i>Nikki/Betsy</i>			
10:00AM						Gentle (safe for prenatal) <i>Christina</i>	
10:30AM							Vinyasa <i>Nikki</i>
11:30AM						Foundations of Yoga <i>Liji</i>	
5:00 PM	Express Gentle Hips & Shoulders <i>Kate</i>	Express Kundalini Kriya + Meditation <i>Stacy</i>	Express Yoga Nidra <i>Erika</i>	Express Balance & Stretch <i>Haley</i>			Yin <i>Elizabeth</i> (2 nd Sunday Restorative Live Molly)
5:45 PM			Heated Yoga <i>Sheilah</i>	Vin, Yin, Nidra <i>Janie</i>	Restorative + Reiki <i>Stacy</i> (Final Friday Flow2Nidra <i>Polina</i>)		
6:00 PM	Power Vinyasa <i>Liji</i>	Yin + Reiki <i>Noelle</i>					
7:00 PM							Flow to Restore <i>Laurel</i>
7:15 PM	Restorative <i>Liji</i>						
7:30 PM		Yoga Nidra <i>Noelle</i>	Vinyasa <i>Jamie</i>	Restorative <i>Kate</i>			