

Surya Center for Yoga Class Schedule

Instructors are subject to change

Monday

| | | |
|---------------|---------------|--------|
| 9–10am | Yogilates | Lisa |
| 11:45–12:30pm | Open Yoga | Jackie |
| 6–7:15pm | Yoga II | Shanon |
| 7:30–8:30pm | Beginner Yoga | Shanon |

Tuesday

| | | |
|-------------|-------------|--------|
| 5:30–6:30am | Open Yoga | Jackie |
| 9–10:30am | Divine Yoga | Lisa |
| 4:30–5:30pm | Open Yoga | Jackie |
| 6–7pm | Yoga I | Jackie |
| 7:15–8:30pm | Yoga II | Shanon |

Wednesday

| | | |
|---------------|-------------|--------|
| 5:30–6:30am | Open Yoga | Jackie |
| 9–10am | Open Yoga | Lisa |
| 11:45–12:30pm | Open Yoga | Jackie |
| 6–7pm | Yoga I | Shanon |
| 7:15–8pm | Candlelight | Lisa |

Thursday

| | | |
|---------------|-------------|----------|
| 5:30–6:30am | Open Yoga | Jackie |
| 9–10:30am | Divine Yoga | Lisa |
| 11:45–12:30pm | Open Yoga | Jan |
| 6–7pm | Open Yoga | Jan |
| 7:15–8pm | Candlelight | Rotation |

Friday

| | | |
|---------------|-------------|----------|
| 9–10am | Open Yoga | Rotation |
| 11:45–12:30pm | Gentle Yoga | Rotation |
| 6–7pm | Open Yoga | Jan |

Saturday

| | | |
|--------------|---------------|--------|
| 8–9:15am | Yoga II | Lisa |
| 9:30–10:30am | Yoga I | Gloria |
| 10:45–12pm | Prenatal Yoga | Shanon |
| 12:15–1:15pm | Beginner Yoga | Jan |

Sunday

| | | |
|----------|-----------|--------|
| 5–6pm | Open Yoga | Angie |
| 6:15–8pm | Yoga III | Shanon |