



Yakima Yoga Standard Class Schedule
www.yakimayoga.com

Monday

4:00 – 5:00 pm	Warm Flow	Michele
5:00 - 6:00 pm	Open Studio Hours	Michele – FREE!
6:00 - 7:15 pm	Shape	Michele

Tuesday

11:45 - 12:30 pm	Heat! Flow	Michele
1:00 – 2:00 pm	Prenatal	Michele
3:30 - 4:30 pm	Intro to Hatha	Hannah
4:45 - 5:45 pm	Hatha 1/2	Hannah
6:00 - 7:15 pm	Ashtanga Flow	Hannah

Wednesday

6:00 – 7:15 am	Shape	Michele
7:30 – 8:45 am	Align	Michele
9:00 – 10:00 am	Play	Michele – FREE!
10:45 - 11:45 am	Strength	Hannah
12:00 - 12:45 pm	Power Lunch	Hannah

Thursday

3:30 - 4:30 pm	Intro to Hatha	Hannah
4:45 - 5:45 pm	Hatha 1/2	Hannah
6:00 - 7:15 pm	Ashtanga Flow	Hannah

Friday

10:15 - 11:30 am	Shape	Michele
11:45 - 12:30 pm	Warm Flow	Michele

Saturday

10:30 - 11:45 am	Heat! Flow	Michele
12:00 - 1:30 pm	DeepRest	Michele
1:45 - 2:45 pm	Ease	Michele