



DOWNTOWN YOGA

NEW THIS MONTH

Space is limited!

GENTLE YOGA AT THE WINERY

THURSDAY • OCTOBER 26TH • 5:30-8:30PM • CHRIS

RESTORATIVE & REIKI YOGA FOR RESTORATION

SATURDAY, OCTOBER 14TH • BRYAN SUNDAY, NOVEMBER 5TH • EMILY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NEW TIME

9:30-10:30 am
BARRE
Michelle D. (ALL)

STARTS 10/9

10:45am - 11:45pm
Gentle Pranayama
Bryan (ALL)

5:15pm - 6:15pm
Beginner Yoga
Emily (L1)

6:30pm - 7:45pm
Hot Vinyasa Flow
Michelle A. (ALL)

8:00pm - 9:00pm
SoulBody
Barre™
Amy (L1)

9:30am - 10:45am
Hot Vinyasa Flow
Jill (L2)

12:30pm - 1:30pm
Lunchtime Express
Michelle A. (ALL)

6:00pm - 7:15pm
Hot Vinyasa Flow
Marie (L2)

7:30pm - 8:30pm
*Community Hot
Vinyasa
Emily / Michelle Z (ALL)

9:30am - 10:30am
Community Vinyasa
Marie (ALL)

5:45pm - 6:45pm
bootybarre
Michelle D. (ALL)

7:00pm - 8:00pm
Restorative Yoga
Chris (ALL)

STARTS 10/12

6:00am-7:00 am
BARRE
Michelle D. (ALL)

5:00pm - 6:00pm
Beginner Hot Vinyasa
Michelle A. (L1)

6:15pm - 7:15pm
Yin Yasa
Jill (L1)

7:30pm - 8:30pm
*Community
Hot Vinyasa
Jill (L2)

8:00am - 9:00am
Hot Vinyasa Express
Lynn (ALL)

9:30am - 10:30am
Beginner Vinyasa
Kim (L1)

7:00am - 8:00am
bootybarre
Michelle D. (ALL)

8:15am - 9:15am
Power Hot Vinyasa
Jamie (L2)

9:30am - 10:45am
Hot Vinyasa Flow
Jill (ALL)

9:00am - 10:15am
Hot Vinyasa Flow
Colleen (ALL)

4:30pm - 5:30pm
*Community
Hot Vinyasa
Sarah / Jillian (ALL)

5:45pm - 7:00pm
Restorative Yoga
Ginny (ALL)

🔥 Indicates a "Hot" Class 🤝 *Community classes are \$7 Cash only. 🌀 ALL LEVELS (ALL) LEVEL 1 (L1) LEVEL 2 (L2)

Classes are by appointment only, so please contact the studio to schedule a class. If you need any special accommodations please reach out to the studio.



SCHEDULE A CLASS, GET CLASS DESCRIPTIONS & MEET THE INSTRUCTORS AT WESTMINSTERDOWNTOWNYOGA.COM OR DOWNLOAD THE MINDBODY APP TO HAVE INSTANT ACCESS FROM YOUR PHONE OR TABLET.

OCT. SCHEDULE