



DOWNTOWN YOGA

NEW THIS MONTH

WINE DOWN WEDNESDAY WESTMINSTER WINERY • MAY 16TH • 6-9PM YIN IS BACK! SUNDAY NIGHTS • 7-8PM

NEW PRENATAL 3 WEEK SERIES WEDNESDAYS • 5/9, 5/23, 5/30 • 7-8PM • ERICA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

9:30-10:30 am
BARRE
Michelle D.

5:15pm - 6:15pm
Beginner Yoga
Barb

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

8:00am - 9:15am
 Hot Vinyasa Flow
Jill

12:30pm - 1:30pm
Lunchtime Express
Michelle A.

4:30pm - 5:30pm
SoulBody Barre™
Amy

6:00pm - 7:15pm
 Hot Vinyasa Flow
Marie

7:30pm - 8:30pm
 *Community Hot Vinyasa
Michelle Z

9:30am - 10:30am
*Community Vinyasa
Marie

5:45pm - 6:45pm
bootybarre
Michelle D.

7:00pm - 8:00pm
Restorative Yoga
Chris

5/9, 5/23, 5/30
7:00pm - 8:00pm
Prenatal Yoga
(small studio)
Erica

9:30am - 10:45am
 Hot Vinyasa Flow
Kim

5:00pm - 6:00pm
 Beginner WARM Vinyasa
Michelle A.

6:15pm - 7:15pm
SoulBody Barre™
Amy

7:30pm - 8:30pm
 *Community Hot Vinyasa
Jill

8:00am - 9:00am
 Hot Vinyasa Express
Lynn

9:30am - 10:30am
Beginner Vinyasa
Rebecca

5:45pm - 7:00pm
 Hot Vinyasa Flow
Colleen

8:00am - 9:00am
bootybarre
Michelle D.

9:30am - 10:45am
 Hot Vinyasa Flow
Jamie / Jill

11:00am - 12:00pm
Beginner Vinyasa
Barb

9:00am - 10:15am
 Hot Vinyasa Flow
Erica

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

5:45pm - 6:45pm
Yoga for Back Health
Ginny

NEW
7:00pm - 8:00pm
YIN
Jill/Kim

Indicates a "Hot" Class Indicates a "Warm" Class *Community classes are \$7 Cash only. ALL LEVELS LEVEL 1 LEVEL 2 PRENATAL

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.

MAY SCHEDULE