



DOWNTOWN YOGA

NEW THIS MONTH

LADIES NIGHT AT DOWNTOWN YOGA

FRIDAY, AUGUST 31 • 6 – 9 PM • (BYOB)

BEGINNER SERIES

STARTS SEPTEMBER 16 • SUNDAY MORNINGS, 11 – NOON • 3 WEEKS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

8:15am-9:15 am
BARRE
Michelle D.

8:00am - 9:15am
*Community Vinyasa
Non-Hot
Jill (ALL)

NEW TIME
8:00am-9:00 am
SoulBody Barre™
Amy

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

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

7:30am - 8:30am
bootybarre
Michelle D.

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

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

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

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

8:45am-10:00am
Hot Vinyasa Flow
Jamie / Jill (L2)

NEW
6:00pm - 7:15pm
YIN
Kim (ALL)

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

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

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

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

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

6:15pm - 7:15pm
Teen Yoga (small studio)
Michelle Z. (T)

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

6:15pm - 7:15pm
SoulBody Barre™
Amy

NEW
5:45pm - 6:45pm
*Community Vinyasa
Colleen (ALL)

Teens 12+ • \$7 cash
Limited to 10 students
Email to reserve:
Jamie@westminsterdowntownyoga.com

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

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



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.

AUG. SCHEDULE