



DOWNTOWN YOGA

NEW THIS MONTH

BEGINNER SERIES
STARTS 1/6

NOW OFFERING PRENATAL YOGA
EVERY MONDAY NIGHT • 6:30-7:30PM

TEEN YOGA WORKSHOP
SATURDAY • 1/12 • 12-2PM

NEW THERAPEUTIC YOGA
STARTS SUNDAY • 1/20 • 5:45-7PM

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

<p>9:30am-10:30am BARRE Michelle D.</p> <hr/> <p>5:15pm - 6:15pm Beginner Yoga Erica (L1)</p> <hr/> <p>6:30pm - 7:45pm Hot Vinyasa Flow Michelle A. (ALL)</p> <hr/> <p>6:30pm - 7:30pm Prenatal (small studio) Erica (P)</p>	<p>9:30am - 10:45am Hot Vinyasa Kim (ALL)</p> <hr/> <p>12:30pm - 1:30pm Lunchtime Express Michelle A. (ALL)</p> <hr/> <p>6:00pm - 7:15pm Hot Vinyasa Flow Marie (L2)</p> <hr/> <p>7:30pm - 8:30pm *Community Hot Vinyasa Elizabeth (ALL)</p>	<p>9:30am - 10:30am *Community Vinyasa Marie (ALL)</p> <hr/> <p>4:30-5:30pm Non-Hot Vinyasa Barb (ALL)</p> <hr/> <p>5:45pm - 6:45pm bootybarre Michelle D.</p> <hr/> <p>7:00pm - 8:00pm Restorative Yoga Chris (ALL)</p>	<p>5:15pm - 6:15pm Beginner WARM Vinyasa Michelle A. (L1)</p> <hr/> <p>6:30pm - 7:30pm SoulBody Barre Amy</p> <hr/> <p>7:45pm - 8:45pm *Community Vinyasa Jill (ALL)</p>	<p>8:00am - 9:00am Hot Vinyasa Express Lynn (ALL)</p> <hr/> <p>NEW 9:15am - 10:15am SoulBody Barre Amy</p> <hr/> <p>NEW TIME 10:30am - 11:30am Beginner Vinyasa Rebecca (L1)</p>	<p>8:00am - 9:00am SoulBody Barre Colleen</p> <hr/> <p>NEW TIME 9:15-10:30am Hot Vinyasa Flow Jill (L2)</p> <hr/> <p>10:30am - 11:30am Power Yoga Jamie (L2)</p> <hr/> <p>4:30pm - 5:30pm *Community Hot Vinyasa Chris (ALL)</p> <hr/> <p>STARTS 1/20 5:45pm-7:00pm Therapeutic Yoga Maggie (ALL)</p>	<p>9:00am - 10:15am Hot Vinyasa Flow Erica (ALL)</p> <hr/> <p>10:30am - 11:30am Power Yoga Jamie (L2)</p> <hr/> <p>4:30pm - 5:30pm *Community Hot Vinyasa Chris (ALL)</p> <hr/> <p>STARTS 1/20 5:45pm-7:00pm Therapeutic Yoga Maggie (ALL)</p>
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🔥 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.

JAN. SCHEDULE