



DOWNTOWN YOGA

NEW THIS MONTH

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

MARCH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>DIY barre 9:30am-10:30am Michelle D.</p>	<p>9:30am - 10:45am 🔥 Hot Vinyasa Kim ALL</p>	<p>9:30am - 10:30am *Community Vinyasa Marie ALL</p>		<p>8:00am - 9:00am 🔥 Hot Vinyasa Express Lynn ALL</p>	<p>DIY barre 8:00am - 9:00am Colleen</p>	<p>9:00am - 10:15am 🔥 Hot Vinyasa Flow Erica ALL</p>
	<p>12:30pm - 1:30pm Lunchtime Express Michelle A. ALL</p>		<p>NEW STARTS 3/21 12:30pm - 1:30pm Lunchtime Express Michelle A. ALL</p>	<p>DIY barre 9:15am - 10:15am Amy</p>	<p>9:15-10:30am 🔥 Hot Vinyasa Flow Jill L2</p>	
<p>5:15pm - 6:15pm Beginner Yoga Erica L1</p>	<p>NEW STARTS 3/19 4:45pm-5:45pm Vinyasa Barre Fusion Colleen ALL</p>	<p>4:30-5:30pm Non-Hot Vinyasa Barb ALL</p>		<p>10:30am - 11:30am Beginner Vinyasa Rebecca L1</p>		<p>10:30am - 11:30am Power Yoga Jamie L2</p>
<p>6:30pm - 7:45pm 🔥 Hot Vinyasa Flow Kim ALL</p>	<p>6:00pm - 7:15pm 🔥 Hot Vinyasa Flow Marie L2</p>	<p>DIY barre 5:45pm - 6:45pm Michelle D.</p>	<p>5:15pm - 6:15pm 🔥 Beginner WARM Vinyasa Michelle A. L1</p>			<p>4:30pm - 5:30pm 🔥 *Community Hot Vinyasa Chris ALL</p>
<p>6:30pm - 7:30pm Prenatal (private studio) Erica P</p>	<p>7:30pm - 8:30pm 🔥 *Community Hot Vinyasa Elizabeth ALL</p>	<p>7:00pm - 8:00pm Restorative Yoga Chris ALL</p>	<p>DIY barre 6:30pm - 7:30pm Amy</p>			<p>5:45pm-7:00pm 🔥 Therapeutic Yoga Maggie ALL</p>
			<p>7:45pm - 8:45pm *Community Vinyasa Jill ALL</p>			

🔥 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.