



DOWNTOWN YOGA

NEW THIS MONTH

PRENATAL HAS MOVED! NOW TUES. NIGHTS • 6:30PM • ERICA
SPRING INTO INVERSIONS 4/7 • 12PM-1:30PM • MARIE
ACUPUNCTURE & MEDITATION 4/12 • 6-7:30PM • ERICA & CARRIE
MEDICINAL MINDFULNES 4/20 • 4:20PM • ERICA

APRIL SCHEDULE

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