



DOWNTOWN YOGA & BARRE

DEC.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am-6:45am HIIT - Shoes Required Jamie (L1) (S2)	8:30am - 9:30am Pilates Melissa (ALL) (S2)	7:00am - 8:00am Beginner WARM Lynn (ALL) (S1)	8:30am - 9:45am SHREDD Chris (ALL) (S1)	8:00am - 9:00am Hot Vinyasa Express Lynn (ALL) (S1)
9am-10am Yin Yasa Rebecca (L1) (S1)	9:30am - 10:45am Hot Vinyasa Chris (ALL) (S1)	9:30am - 10:30am *Community Vinyasa Marie (ALL) (S1)	12:30pm - 1:30pm Lunch Express Michelle A. (ALL) (S1)	DIY barre 9:30am-10:30am Amy (ALL) (S2)
DIY barre 9:30am-10:30am Michelle D. (ALL) (S2)	5:30pm-6:45pm Vinyasa Barre Fusion Colleen (ALL) (S2)	4:30pm-5:30pm Non-Hot Vinyasa Barb (ALL) (S1)	5:15pm - 6:15pm Yoga Fundamentals Michelle A. (L1) (S1)	9:15am - 10:15am *Community Beginner Warm Vinyasa Rebecca (L1) (S1)
5:15pm - 6:15pm Beginner Flow Erica (L1) (S1)	6:00pm - 7:15pm Hot Vinyasa Flow Marie (L2) (S1)	5:45pm-6:45pm Teen Yoga Barb (T) (S1)	DIY barre 6:30pm-7:30pm Amy (ALL) (S2)	
DIY barre 6:00pm-7:00pm Erika L. (ALL) (S2)	6:30pm - 7:30pm Prenatal Erica (P) (S3)	DIY barre 5:45pm - 6:45pm Michelle D. (ALL) (S2)	6:30pm-7:30pm Yin Yasa Jill (L1) (S1)	
6:30pm - 7:45pm Hot Vinyasa Flow Erica (ALL) (S1)	7:00pm - 8:00pm Beginner Level 1 Heather (ALL) (S2)	7:00pm - 8:00pm Restorative Yoga Chris (ALL) (S1)	7:45pm - 8:45pm *Community Hot Vinyasa Jill (ALL) (S1)	

SATURDAY	SUNDAY
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(S1) Studio 1, upstairs (S2) Studio 2, downstairs (S3) Studio 3, upstairs

DIY barre 8:30am - 9:30am Colleen (ALL) (S2)	9:00am - 10:15am Hot Vinyasa Flow Erica (ALL) (S1)
9:00-10:15am Hot Vinyasa Flow Jill (L2) (S1)	10:30am - 11:30am Restorative Yoga Erica (ALL) (S1)
	11:45am - 12:45pm Beginner Flow Erica (ALL) (S1)
	4:30pm - 5:30pm *Community Hot Vinyasa Chris (ALL) (S1)

NEW THIS MONTH

WORD TO YOUR MALA
SATURDAY, DECEMBER 14 • 1-3PM • WITH MARIE

HOLIDAY SCHEDULE

CHRISTMAS EVE

9-10:15am — All levels Warm Vinyasa with Erica
9:15-10:15am — Barre with Colleen
10:30-11:30am — Restorative with Erica

NEW YEARS EVE

9-10am — HIIT with Jamie
9-10:15am — Hot Vinyasa with Marie

NEW YEARS DAY

9:30-10:30am — Barre with Michelle
11:00-12:15pm — Core Flow with Morgan

CHRISTMAS

Closed, Merry Christmas!



🔥 "Hot" Class 🔥 "Warm" Class 🌀 *Community class \$8 cash only. 🌀 ALL LEVELS (ALL) LEVEL 1 (L1) LEVEL 2 (L2) PRENATAL (P) TEEN (T)

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.

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.