



DOWNTOWN YOGA & BARRE

MARCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6am-6:45am HIIT - Shoes Required Jamie (L1) (S2)	9:30am - 10:45am Hot Vinyasa Chris (ALL) (S1)	9:30am - 10:30am *Community Vinyasa Marie (ALL) (S1)	NEW TIME 8:30am-9:30am SHREDD Chris (ALL) (S1)	8:00am - 9:00am Hot Vinyasa Express Lynn (ALL) (S1)
8:30am-9:30am Yin Yasa Rebecca (L1) (S1)	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)	DIY barre 9:30am-10:30am Amy (ALL) (S2)
DIY barre 9:30am-10:30am Michelle D. (ALL) (S2)	6:00pm - 7:15pm Hot Vinyasa Flow Marie (L2) (S1)	5:45pm-6:45pm Core Flow Morgan (L2) (S1)	DIY barre 6:30pm-7:30pm Amy (ALL) (S2)	9:15am - 10:15am *Community Beginner Warm Vinyasa Rebecca (L1) (S1)
5:15pm - 6:15pm Beginner Flow Erica (L1) (S1)	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)	
DIY barre 6:00pm-7:00pm Erika L. (ALL) (S2)	7:00pm - 8:00pm Beginner Level 1 Heather (ALL) (S2)			
6:30pm - 7:45pm Hot Vinyasa Flow Erica (ALL) (S1)	7:30pm - 8:30pm *Community Hot Vinyasa Melissa (ALL) (S1)	7:00pm - 8:00pm Restorative Yoga Chris (ALL) (S1)	7:45pm - 8:45pm *Community Hot Vinyasa Jill (ALL) (S1)	
SATURDAY	SUNDAY	(S1) Studio 1, upstairs (S2) Studio 2, downstairs (S3) Studio 3, upstairs		
DIY barre 8:00am - 9:00am Colleen (ALL) (S2)	9:00am - 10:15am Hot Vinyasa Flow Erica (ALL) (S1)	<h2>NEW THIS MONTH</h2> <p>SOUND IMMERSION MARCH 14 • 7-8:30PM</p> <p>5-WEEK BOOT CAMP APRIL 4 • 10-11:30AM</p> <p>TEACHER TRAINING OPEN HOUSE APRIL 5 • 1-3PM</p>		
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)			



🔥 "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.