



Eastmont Yoga Studio Schedule September 2019

Yoga Studio Schedule							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5:30 AM		Hot Vinyasa Jami	Hot Vinyasa Jami	Restorative Yoga Jami		7:30 AM	Hot Yoga Katie
9:30 AM		Awareness Through Movement (75m) Ada	Hot Yoga Cassy	Gentle Restorative Jami	Yoga (non-heated) Cassy	9:00 AM	Hot Yoga Varies
9:45 AM	Hot Yoga Traci						
10:30 AM			Ohme Gardens Yoga* Katie				
11:00 AM				Gentle Yoga Kat			
4:30 PM		Warm Restore/Yin Jami		Hot Yoga Traci			
5:30 PM	Advanced Hot Yoga Traci		Hot Yoga Katie				
6:00 PM				Hot Yoga Traci			
6:45 PM	Quiet Hot Yoga Traci						
Friday Night Yoga Events							
Join us throughout September for our popular (and fun!) yoga classes!							
6:00 PM - 7:30 PM	September 13th	September 20th		September 27th			
	Wine and Yoga Night Cassy	Yoga Happy Hour Katie		Restorative Touch Cassy and Molly			
* This special Summer class takes place at Ohme Gardens! Ask at the Front Desk for more details.							