

ACTON Revolution Community Yoga Class Schedule Spring 2019

MONDAY

(Always check the on line schedule for the most up-to-date class listings and times - this schedule is subject to change)

5:30am	Warm Vinyasa Flow (Warm Room 85 - 90°)	60 minutes	Waterfall Room	Meagan
9am	Power Flow & Sculpt Fusion (Warm Room 85 - 90°)	75 minutes	Waterfall Room	Jen Mast
9:30am	Vinyasa All Levels	75 minutes	The Loft	Sue
11am	Roll With It: Myofascial Release	60 minutes	The Loft	Jen Mast
12:15pm	60 Minute Vinyasa All Levels	60 minutes	The Loft	Jen Mast
4pm	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	Buddha Room	Kristen
5pm	Teen Yoga 60 Minute Vinyasa All Levels	60 minutes	Waterfall Room	Jen Mast
5:30pm	Prenatal Yoga	75 minutes	Buddha Room	Jenny Meshna
6pm	60 Minute Vinyasa All Levels	60 minutes	The Loft	Neil
6:30pm	60 Minute Power (Warm Room 85 - 90°)	60 minutes	Waterfall Room	Kristen
7pm	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	Buddha Room	Jenny Meshna

TUESDAY

6am	60 Minute Power Flow (regular room temp.)	60 minutes	Waterfall Room	Joanna
9am	Power (Warm Room 85 - 90°)	75 minutes	Waterfall Room	Kim
9:30am	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	The Loft	Gwen
12pm	60 Minute Vinyasa All Levels	60 minutes	The Loft	Julie
12pm	Gentle Yoga	75 minutes	Waterfall Room	Emily
3:30pm	Teen Yoga for Scoliosis <i>begins April 23rd</i>	60 minutes	Waterfall Room	Kim
5:30pm	Vinyasa All Levels	75 minutes	The Loft	Erin
7pm	Yin Restorative	75 minutes	The Loft	Erin
7:30pm	Vinyasa All Levels	75 minutes	Waterfall Room	Gwen
7:30pm	Prenatal Yoga (60 minutes)	60 minutes	Buddha Room	Valerie

WEDNESDAY

9am	60 Minutes Vinyasa All Levels	60 minutes	The Loft	Gwen
9:30am	Power (Warm Room 85 - 90°)	75 minutes	Waterfall Room	Sue
12pm	60 Minute Vinyasa All Levels	60 minutes	The Loft	Julie
12pm	HIIT Power Yoga (60 minutes)	60 minutes	Waterfall Room	Erin
4pm	SERIES: Kids Ages 4 - 7	45 minutes	Buddha Room	Laura
5pm	SERIES: Kids Ages 8-12	60 minutes	Buddha Room	Laura
5pm	\$10 Cash 45 Minute Power Flow (regular room temp.)	60 minutes	Waterfall Room	Kristen
5pm	60 Minute Gentle/Restorative Yoga	60 minutes	The Loft	Cindy
6pm	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	Waterfall Room	Heather
6:30pm	Vinyasa All Levels	75 minutes	The Loft	Cindy
7:30pm	Hatha Yoga	75 minutes	Waterfall Room	Valerie

THURSDAY

6am	60 Minute Power Flow (regular room temp.)	60 minutes	Waterfall Room	Joanna
7:30am	Slow Flow w/ Yoga Sutra Exploration	60 minutes	Buddha Room	Gwen
9am	Power Flow & Sculpt Fusion (Warm Room 85 - 90°)	75 minutes	Waterfall Room	Jen Mast
9:30am	60 Minute Vinyasa All Levels	60 minutes	The Loft	Amy
10:30am	\$10 Cash - Chair Yoga For All Ages	60 minutes	Buddha Room	Jen Mast
12pm	60 Minute Vinyasa All Levels	60 minutes	The Loft	Julie
12pm	Gentle Yoga	75 minutes	Waterfall Room	Emily
5pm	60 Minute Yin Stretch & Release	60 minutes	The Loft	Valerie
6pm	60 Minute Vinyasa All Levels	60 minutes	Waterfall Room	Jenny Meshna
6:30pm	Prenatal Yoga	75 minutes	Buddha Room	Valerie
6:30pm	Restorative Yoga by Candlelight	75 minutes	The Loft	Anastasia
8pm	60 Minute Power (Warm Room 85 - 90°)	60 minutes	Waterfall Room	Deirdre

FRIDAY

9am	Power (Warm Room 85 - 90°)	75 minutes	Waterfall Room	Heather
9:30am	Vinyasa All Levels	75 minutes	The Loft	Sue
10:30am	HIIT Power Yoga (60 minutes)	60 minutes	Buddha Room	Erin
12pm	60 Minute Vinyasa All Levels	60 minutes	The Loft	Erin
5:15pm	Candlelight 60 Minute Power (Warm Room 85 - 90°)	60 minutes	Waterfall Room	Lia
6pm	60 Minute Vinyasa All Levels	60 minutes	The Loft	Erin
6:30pm	Candlelight SPA Yoga®	75 minutes	Waterfall Room	Lia

SATURDAY

7am	90 Minute Power w/ Crystal Bowl Sound Bath (Warm)	90 minutes	Waterfall Room	Kim
7:30am	Vinyasa Flow	75 minutes	The Loft	Lia
9:30am	Vinyasa All Levels	75 minutes	The Loft	Lia
11:15am	Gentle Yoga	75 minutes	The Loft	Lia
11:30am	Baby & Me Yoga	60 minutes	Buddha Room	Valerie
4:30pm	60 Minute Vinyasa All Levels	60 minutes	The Loft	Keri

SUNDAY

7am	90 Minute Power w/ Crystal Bowl Sound Bath (Warm)	90 minutes	Waterfall Room	Kim
9:30am	Vinyasa All Levels	75 minutes	The Loft	Julie
11:15am	Gentle Yoga	75 minutes	The Loft	Julie
3pm	Slow Flow (Beginner-Friendly/ 60 minutes)	60 minutes	The Loft	Amy
4:30pm	Vinyasa All Levels	75 minutes	The Loft	Saundra
7pm	Candlelight Gentle/Restorative Yoga w/ Extended Savasana	75 minutes	The Loft	Noel