

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 |
| 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

| | | | | |
|--------|---|------------|----------------|---------|
| 6:30am | Ashtanga For All (60 minutes) | 60 minutes | Buddha Room | Deb |
| 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 |
| 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

| | | | | |
|--------|--|------------|----------------|---------|
| 6:30am | Ashtanga For All (60 minutes) | 60 minutes | Buddha Room | Deb |
| 9am | Power (Warm Room 85 - 90°) | 75 minutes | Waterfall Room | Heather |
| 9:30am | Vinyasa All Levels | 75 minutes | The Loft | Sue |
| 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 |