

Revolution Community Yoga Class Schedule

All classes are 60 minute classes unless otherwise noted; schedule is subject to change without notice

Hybrid Online/In-Person classes highlighted in green, Outdoor classes highlighted in yellow, Online only in white

MONDAYS				
7:30 AM	Ashtanga Half Primary Series	Hybrid: Online & In-Person	Kim Blanc	Waterfall Room / Limit 4
9:00 AM	OUTDOOR Flow Yoga	Outdoors	Evelynn Sablone	
9:00 AM	All Levels Vinyasa	Online only	Jen Mast	
10:30 AM	Roll With It Myofascial Release	Online only	Jen Mast	
12:00 PM	Power Flow	Hybrid: Online & In-Person	Sue Cushing	The Loft / Limit 6
6:00 PM	All Levels Vinyasa	Hybrid: Online & In-Person	Jenny Meshna	The Loft / Limit 6
7:30 PM	Prenatal Yoga	Online	Valerie Kacian	

TUESDAYS				
6:00 AM	Power Flow	Online only	Joanna Losty	
8:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Lia Romani	The Loft / Limit 6
9:00 AM	OUTDOOR Flow Yoga	Outdoors	Julie McKay	
10:30 AM	OUTDOOR Gentle Yoga (No-flow)	Outdoors	Julie McKay	
12:00 PM	Gentle Yoga	Hybrid: Online & In-Person	Emily Wheeler	The Loft / Limit 6
6:00 PM	Flow & Restore (75 min.)	Hybrid: Online & In-Person	Erin LoPorto	The Loft / Limit 6

WEDNESDAYS				
7:30 AM	Ashtanga Half Primary Series	Hybrid: Online & In-Person	Kim Blanc	Waterfall Room / Limit 4
8:00 AM	OUTDOOR Flow Yoga	Outdoors	Lia Romani	
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Sue Cushing	The Loft / Limit 6
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Person	Julie McKay	The Loft / Limit 6
1:30 PM	Gentle Yoga	Hybrid: Online & In-Person	Julie McKay	The Loft / Limit 6
3:30 PM	OUTDOOR Flow Yoga	Outdoors	Julie McKay	
6:00 PM	Yin Yoga	Hybrid: Online & In-Person	Valerie Kacian	The Loft / Limit 6
7:30 PM	Slow Flow	Hybrid: Online & In-Person	Valerie Kacian	The Loft / Limit 6

THURSDAYS				
6:00 AM	Power Flow	Online only	Joanna Losty	
8:00 AM	All Levels Vinyasa	Online only	Jen Mast	
8:00 AM	OUTDOOR Flow Yoga	Outdoors	Erin LoPorto	
9:30 AM	OUTDOOR Gentle Yoga (No-flow)	Outdoors	Erin LoPorto	
9:30 AM	Chair Yoga For All Ages	Online only	Jen Mast	
12:00 PM	Gentle Yoga	Hybrid: Online & In-Person	Emily Wheeler	The Loft / Limit 6
3:30 PM	OUTDOOR Flow Yoga	Outdoors	Lia Romani	
6:00 PM	Slow Flow Yoga	Hybrid: Online & In-Person	Jenny Meshna	The Loft / Limit 6

FRIDAYS				
7:00 AM	Power Flow	Online only	Kristen Lamarre	
8:00 AM	OUTDOOR Flow Yoga	Outdoors	Lia Romani	
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Sue Cushing	The Loft / Limit 6
9:30 AM	OUTDOOR Slow Flow Yoga	Outdoors	Lia Romani	
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Person	Erin LoPorto	The Loft / Limit 6
5:00 PM	Vinyasa Flow	Online only	Lia Romani	

SATURDAYS				
7:00 AM	Power Flow (75 minutes)	Online only	Kim Blanc	
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Lia Romani	The Loft / Limit 6
9:00 AM	OUTDOOR Flow Yoga	Outdoors	Meagan MacNeill	
10:30 AM	Gentle Yoga	Hybrid: Online & In-Person	Lia Romani	The Loft / Limit 6
12:00 PM	Baby & Me Yoga	Online only	Valerie Kacian	
4:00 PM	By Donation Slow Flow	Online only	YTT Graduate	

SUNDAYS				
7:00 AM	Power Flow (75 minutes)	Online only	Kim Blanc	
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Julie McKay	The Loft / Limit 6
9:00 AM	OUTDOOR Flow Yoga	Outdoors	Lelia Leary	
10:30 AM	Gentle Yoga	Hybrid: Online & In-Person	Julie McKay	The Loft / Limit 6
4:30 PM	Vinyasa All Levels	Hybrid: Online & In-Person	Sandra Holt	The Loft / Limit 6
5:00 PM	OUTDOOR Gentle Yoga (No-flow)	Outdoors	Evelynn Sablone	