

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	Online only	Kim Blanc	
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
3:30 PM	Teen Yoga (Ages 13 - 18)	Online only	Jen Mast	
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
12:00 PM	Gentle Yoga	Hybrid: Online & In-Person	Emily Wheeler	The Loft / Limit 6
4:00 PM	All Levels Vinyasa	Hybrid: Online & In-Person	Julie McKay	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	Online only	Kim Blanc	
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
6:00 PM	Yin Flow (75 min.)	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	
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
4:00 PM	All Levels Vinyasa	Hybrid: Online & In-Person	Lia Romani	The Loft / Limit 6
6:00 PM	Slow Flow Yoga	Hybrid: Online & In-Person	Jenny Meshna	The Loft / Limit 6

FRIDAYS

8:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Lia Romani	The Loft / Limit 6
9:30 AM	Power Flow	Hybrid: Online & In-Person	Sue Cushing	The Loft / Limit 6
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
10:30 AM	Gentle Yoga	Hybrid: Online & In-Person	Lia Romani	The Loft / Limit 6

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
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
6:00 PM	Y12SR - Yoga for 12-Step Recovery	Online only	Ashley Sporleder	