

Revolution Community Yoga Class Schedule

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

All classes are online until mid/late-January 2021

MONDAYS			
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	Online only	Sue Cushing
1:30 PM	Yoga Odyssey (75 min.)	Online only	Shubhada Wavikar
3:30 PM	Teen All Levels Yoga	Online only	Jen Mast
6:00 PM	All Levels Vinyasa	Online only	Jenny Meshna
7:30 PM	Prenatal Yoga	Online only	Valerie Kacian
TUESDAYS			
6:00 AM	Power Flow	Online only	Joanna Losty
8:00 AM	All Levels Vinyasa	Online only	Lia Romani
9:30 AM	Chair Yoga For All Ages	Online only	Jen Mast
12:00 PM	Gentle Yoga	Online only	Emily Wheeler
4:00 PM	All Levels Vinyasa	Online only	Julie McKay
6:00 PM	Flow & Restore (75 min.)	Online only	Erin LoPorto
WEDNESDAYS			
7:30 AM	Power Flow	Online only	Kim Blanc
9:00 AM	All Levels Vinyasa	Online only	Sue Cushing
12:00 PM	All Levels Vinyasa	Online only	Julie McKay
1:30 PM	Gentle Yoga	Online only	Julie McKay
4:30 PM	Somatic Yoga	Online only	Cindy Boulter
6:00 PM	Yin Flow (75 min.)	Online only	Valerie Kacian
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	Online only	Emily Wheeler
4:00 PM	All Levels Vinyasa	Online only	Lia Romani
6:00 PM	Slow Flow Yoga	Online only	Jenny Meshna
FRIDAYS			
8:00 AM	All Levels Vinyasa	Online only	Lia Romani
9:30 AM	Power Flow	Online only	Sue Cushing
12:00 PM	All Levels Vinyasa	Online only	Erin LoPorto
5:00 PM	Vinyasa Flow	Online only	Lia Romani
SATURDAYS			
7:00 AM	Power Flow (75 minutes)	Online only	Deirdre McWade
9:00 AM	All Levels Vinyasa	Online only	Lia Romani
10:30 AM	Gentle Yoga	Online only	Lia Romani
4:30 PM	Vinyasa All Levels	Online only	Lelia Leary
SUNDAYS			
7:00 AM	Power Flow (75 minutes)	Online only	Kim Blanc
9:00 AM	All Levels Vinyasa	Online only	Julie McKay
10:30 AM	Gentle Yoga	Online only	Julie McKay
4:30 PM	Vinyasa All Levels	Online only	Sandra Holt
6:00 PM	Yoga for 12-Step Recovery (1st & 3rd Sunday Monthly)	Online only	Ashley Sporleder