

## Revolution Community Yoga Class Schedule

*Always check the online schedule @ <https://yogaacton.com/class-schedule/> to make sure your class is running*

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

*Outdoor classes run through Nov. 2021*

<b>MONDAYS</b>			
9:00 AM	All Levels Vinyasa	Online only	Jen Mast
10:30 AM	Roll With It Myofascial Release	Online only	Jen Mast
10:30 AM	Outdoor Flow Yoga	Gardner Field	Julie McKay
12:00 PM	Power Flow	Hybrid: Online & In-Person	Sue Cushing
4:00 PM	Outdoor Teen Yoga	Gardner Field	Heather Keyes
6:00 PM	Hatha Yoga	Online only	Shubhada Wavikar
7:00 PM	Prenatal Yoga	Hybrid: Online & In-Person	Valerie Kacian
<b>TUESDAYS</b>			
6:00 AM	Power Flow	Hybrid: Online & In-Person	Tina Terry
9:30 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Lia Romani
9:30 AM	Chair Yoga For All Ages	Online only	Jen Mast
10:30 AM	Outdoor Flow Yoga	Gardner Field	Julie McKay
12:00 PM	Gentle Yoga	Hybrid: Online & In-Person	Emily Wheeler
4:00 PM	All Levels Vinyasa	Hybrid: Online & In-Person	Julie McKay
6:00 PM	Flow & Restore (75 min.)	Hybrid: Online & In-Person	Erin LoPorto
<b>WEDNESDAYS</b>			
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Sue Cushing
10:30 AM	Outdoor Flow Yoga	Gardner Field	Lia Romani
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Person	Julie McKay
1:30 PM	Gentle Yoga	Hybrid: Online & In-Person	Julie McKay
4:00 PM	Outdoor Flow Yoga	Gardner Field	Julie McKay
4:30 PM	Slow Flow	Online only	Cindy Boulter
6:00 PM	Yin Flow (75 min.)	Hybrid: Online & In-Person	Valerie Kacian
<b>THURSDAYS</b>			
6:00 AM	Power Flow	Online only	Lelia Leary
9:30 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Jenny Meshna
9:30 AM	Outdoor Flow Yoga	Gardner Field	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
4:00 PM	Outdoor Flow Yoga	Gardner Field	Lia Romani
5:30 PM	Prenatal Yoga	Hybrid: Online & In-Person	Jenny Meshna
7:00 PM	Slow Flow Yoga	Hybrid: Online & In-Person	Jenny Meshna
<b>FRIDAYS</b>			
9:30 AM	Power Flow	Hybrid: Online & In-Person	Sue Cushing
10:30 AM	Outdoor Flow Yoga	Gardner Field	Evelynn Sablone
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Person	Erin LoPorto
3:30 PM	Outdoor Flow Yoga	Gardner Field	Lia Romani
5:00 PM	Vinyasa Flow	Hybrid: Online & In-Person	Lia Romani
<b>SATURDAYS</b>			
7:30 AM	Vinyasa Flow	Hybrid: Online & In-Person	Lia Romani
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Lia Romani
10:30 AM	Gentle Yoga	Hybrid: Online & In-Person	Lia Romani
11:00 AM	Outdoor Flow Yoga	Gardner Field	Lelia Leary
<b>SUNDAYS</b>			
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Person	Julie McKay
10:30 AM	Gentle Yoga	Hybrid: Online & In-Person	Julie McKay
11:00 AM	Outdoor Flow Yoga	Gardner Field	Meagan MacNeill
4:30 PM	Vinyasa All Levels	Hybrid: Online & In-Person	Sandra Holt