

## 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 are weather-permitting and run thru Oct. 2021

MONDAYS				
				ROOM
9:00 AM	Power Flow	Hybrid: Online & In-Studio	Melissa Ackerman	Loft
9:30 AM	All Levels Vinyasa ( <i>begins Aug. 9th</i> )	Hybrid: Online & In-Studio	Jenny Meshna	Waterfall Room
12:00 PM	All Levels Vinyasa	In-Studio	Julie McKay	Loft
5:30 PM	All Levels Vinyasa	In-Studio	Heather Keyes	Loft
7:00 PM	Prenatal Yoga	In-Studio	Valerie Kacian	Waterfall Room
TUESDAYS				
				ROOM
6:00 AM	Power Flow	Hybrid: Online & In-Studio	Tina Terry	Loft
7:30 AM	Outdoor Flow Yoga	Gardner Field	Julie McKay	
9:30 AM	All Levels Vinyasa	In-Studio	Lia Romani	Loft
9:30 AM	Chair Yoga For All Ages	CLASS ON HOLD UNTIL FALL	Jen Mast	
12:00 PM	Gentle Yoga	Hybrid: Online & In-Studio	Emily Wheeler	Loft
4:00 PM	All Levels Vinyasa	In-Studio	Julie McKay	Loft
5:30 PM	Outdoor Flow Yoga	Gardner Field	Julie McKay	
6:00 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Erin LoPorto	Loft
7:30 PM	Restorative Yoga	Hybrid: Online & In-Studio	Erin LoPorto	Loft
WEDNESDAYS				
				ROOM
6:00 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Lia Romani	Loft
7:30 AM	HEALing Yoga ( <i>begins Aug. 4th</i> )	Hybrid: Online & In-Studio	Lia Romani	Loft
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Gwen Murphy	Loft
12:00 PM	All Levels Vinyasa	In-Studio	Julie McKay	Loft
1:30 PM	Gentle Yoga	In-Studio	Julie McKay	Loft
6:00 PM	Yin Flow (75 min.)	Hybrid: Online & In-Studio	Valerie Kacian	Loft
THURSDAYS				
				ROOM
6:00 AM	Power Flow	Hybrid: Online & In-Studio	Lelia Leary	Loft
7:30 AM	Outdoor Flow Yoga	Gardner Field	Lia Romani	
9:30 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Jenny Meshna	Loft
9:30 AM	Chair Yoga For All Ages	CLASS ON HOLD UNTIL FALL	Jen Mast	
12:00 PM	Gentle Yoga	Hybrid: Online & In-Studio	Emily Wheeler	Loft
5:30 PM	Prenatal Yoga	Hybrid: Online & In-Studio	Jenny Meshna	Waterfall Room
7:00 PM	Slow Flow Yoga	Hybrid: Online & In-Studio	Jenny Meshna	Waterfall Room
7:00 PM	Restorative Yoga	In-Studio	Anastasia Fayerman	Loft
FRIDAYS				
				ROOM
9:30 AM	Power Flow	Hybrid: Online & In-Studio	Julie Iatron	Loft
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Erin LoPorto	Loft
5:00 PM	Vinyasa Flow	In-Studio	Lia Romani	Loft
6:30 PM	SPA Yoga®	In-Studio	Lia Romani	Loft
SATURDAYS				
				ROOM
7:30 AM	Vinyasa Flow	In-Studio	Lia Romani	Loft
9:00 AM	All Levels Vinyasa	In-Studio	Lia Romani	Loft
9:30 AM	Outdoor Flow Yoga	Gardner Field	Lelia Leary	
10:30 AM	Gentle Yoga	Hybrid: Online & In-Studio	Lia Romani	Loft
SUNDAYS				
				ROOM
7:00 AM	90 Minute Power w/ Extended Savasana & Crystal Bowls	In-Studio	Kim Blanc	Loft
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Julie McKay	Loft
10:30 AM	Gentle Yoga	Hybrid: Online & In-Studio	Julie McKay	Loft
11:00 AM	Outdoor Flow Yoga	Gardner Field	Meagan MacNeill	
4:30 PM	Vinyasa All Levels	In-Studio	Sandra Holt	Loft
6:00 PM	Restorative Yoga (75 min.)	In-Studio	Sandra Holt	Loft