

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

MONDAYS				ROOM
9:00 AM	Power Flow	Hybrid: Online & In-Studio	Melissa Ackerman	Loft
9:30 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Jenny Meshna	Waterfall Room
10:30 AM	Roll With it Myofascial Release	Online	Jen Mast	Online
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Julie McKay	Loft
5:30 PM	All Levels Vinyasa	Online	Heather Keyes	Online
7:00 PM	Prenatal Yoga	Hybrid: Online & In-Studio	Valerie Kacian	Waterfall Room
TUESDAYS				ROOM
6:00 AM	Power Flow	Hybrid: Online & In-Studio	Lelia Leary	Loft
9:30 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Lia Romani	Loft
9:30 AM	Chair Yoga For All Ages	Online	Jen Mast	Online
12:00 PM	Gentle Yoga	Hybrid: Online & In-Studio	Emily Wheeler	Loft
4:30 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Julie McKay	Loft
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
7:30 AM	HEALing Yoga	Hybrid: Online & In-Studio	Lia Romani	Loft
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Lelia Leary	Loft
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Julie McKay	Loft
1:30 PM	Gentle Yoga	Hybrid: Online & In-Studio	Julie McKay	Loft
6:00 PM	Yin Flow (75 min.)	Hybrid: Online & In-Studio	Valerie Kacian	Loft
7:30 PM	Postnatal Yoga	Hybrid: Online & In-Studio	Valerie Kacian	Loft
THURSDAYS				ROOM
6:00 AM	Power Flow	Hybrid: Online & In-Studio	Lelia Leary	Loft
9:30 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Jenny Meshna	Loft
9:30 AM	Chair Yoga For All Ages	Online	Jen Mast	Online
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
7:30 AM	Yin Yoga	Hybrid: Online & In-Studio	Julie Iatron	Loft
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
5:30 PM	Vinyasa Flow	Hybrid: Online & In-Studio	Lia Romani	Loft
SATURDAYS				ROOM
7:30 AM	Vinyasa Flow	In-Studio	Lia Romani	Loft
9:00 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Lia Romani	Loft
10:30 AM	Gentle Yoga	Hybrid: Online & In-Studio	Lia Romani	Loft
4:30 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Lelia Lary	Loft
SUNDAYS				ROOM
7:30 AM	Slow Flow (Begins 1/2/2022)	Hybrid: Online & In-Studio	Julie McKay	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
4:30 PM	Vinyasa All Levels	In-Studio	Sandra Holt	Loft
6:00 PM	Restorative Yoga (75 min.)	In-Studio	Sandra Holt	Loft