

Revolution Community Yoga Class Schedule

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

MONDAYS				ROOM
9:00 AM	Power Flow (Warm Room / 80-85°)	Hybrid: Online & In-Studio	Melissa Ackerman	Waterfall Room
9:30 AM	All Levels Vinyasa	Hybrid: Online & In-Studio	Jenny Meshna	Loft
10:30 AM	Roll With it Myofascial Release	Hybrid: Online & In-Studio	Jen Mast	Waterfall Room
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Jen Mast	Loft
12:00 PM	Yoga for Seniors	Hybrid: Online & In-Studio	Karen O'Neil	Waterfall Room
5:30 PM	All Levels Vinyasa	In-Studio Only	Heather Keyes	Loft
6:30 PM	Prenatal Yoga	Hybrid: Online & In-Studio	Valerie Kacian	Waterfall Room
7:15 PM	Power Flow	In-Studio Only	Megan Peculis	Lotus Room
7:30 PM	Restorative Yoga	In-Studio Only	Wendy Ansdell	Loft
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	In-Studio Only	Jen Mast	Waterfall Room
11:00 AM	Gentle Yoga	Hybrid: Online & In-Studio	Emily Wheeler	Waterfall Room
12:00 PM	Power Flow	Hybrid: Online & In-Studio	Jen Mast	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	In-Studio Only	Erin LoPorto	Loft
WEDNESDAYS				ROOM
6:00 AM	Power Flow	Hybrid: Online & In-Studio	Megan Peculis	Waterfall Room
7:30 AM	HEALing Yoga (Slow Flow)	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
4:30 PM	Restorative Yoga	In-Studio Only	Julie McKay	Loft
6:00 PM	Yin Flow (75 min.)	Hybrid: Online & In-Studio	Valerie Kacian	Loft
7:00 PM	Power Flow (Warm Room / 80-85°)	Hybrid: Online & In-Studio	Melissa Ackerman	Waterfall Room
7:30 PM	Hatha 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 Only	Jen Mast	Online
11:00 AM	Gentle Yoga	Hybrid: Online & In-Studio	Emily Wheeler	Waterfall Room
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Jenny Meshna	Loft
5:30 PM	Prenatal Yoga	Hybrid: Online & In-Studio	Jenny Meshna	Waterfall Room
5:30 PM	Slow Flow	Hybrid: Online & In-Studio	Julie latron	Loft
7:00 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Lelia Leary	Waterfall Room
7:00 PM	Restorative Yoga	In-Studio Only	Anastasia Fayerman	Loft
FRIDAYS				ROOM
6:00 AM	Power Flow	In-Studio Only	Joanna Losty	Waterfall Room
9:00 AM	Power Flow	Hybrid: Online & In-Studio	Julie latron	Loft
10:30 AM	Yin Yoga	Hybrid: Online & In-Studio	Julie latron	Loft
12:00 PM	All Levels Vinyasa	Hybrid: Online & In-Studio	Erin LoPorto	Loft
SATURDAYS				ROOM
7:30 AM	Vinyasa Flow	In-Studio Only	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
7:00 AM	Power Flow w/ Extended Guided Savasana (75 min.)	Hybrid: Online & In-Studio	Lelia Leary	Loft
7:30 AM	Slow Flow	Hybrid: Online & In-Studio	Julie McKay	Waterfall
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 Only	Sandra Holt	Loft