

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 |
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| 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 | All Levels Vinyasa | 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 |
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| WEDNESDAYS | | | | 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 |
| 6:30 PM | All Levels Vinyasa | Hybrid: Online & In-Studio | Valerie Kacian | Loft |
| 7:00 PM | Power Flow (Warm Room / 80-85°) | Hybrid: Online & In-Studio | Melissa Ackerman | Waterfall Room |
| 8:00 PM | Yin Flow | Hybrid: Online & In-Studio | Valerie Kacian | Loft |
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| 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 Iatron | 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 |
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| FRIDAYS | | | | ROOM |
| 6:00 AM | Power Flow | In-Studio Only | Joanna Losty | Waterfall Room |
| 9:00 AM | Power Flow | Hybrid: Online & In-Studio | Julie Iatron | Loft |
| 10:30 AM | Yin Yoga | Hybrid: Online & In-Studio | Julie Iatron | Loft |
| 12:00 PM | All Levels Vinyasa | Hybrid: Online & In-Studio | Erin LoPorto | Loft |
| 6:00 PM | Restorative Yoga w/ Yoga Nidra | Hybrid: Online & In-Studio | Megan Peculis | Loft |
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| 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 |
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| 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 |