

REVOLUTION COMMUNITY YOGA CLASS SCHEDULE

MONDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
9:00 AM	Power Flow (Warm Room / 80-85°)	Waterfall	downstairs	In-Studio & Online	Melissa Ackerman
9:30 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jenny Meshna
10:30 AM	Roll With it Myofascial Release	Waterfall	downstairs	In-Studio & Online	Jen Mast
12:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jen Mast
1:30 PM	Osteo-Flow	Waterfall	downstairs	In-Studio & Online	Julie McKay
5:30 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jenny Meshna
6:30 PM	Prenatal Yoga	Waterfall	downstairs	In-Studio & Online	Valerie Kacian
7:00 PM	Gentle Yoga w/ Meditation	Lotus	downstairs	In-Studio & Online	Deb Ward
7:30 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Megan Peculis
TUESDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
6:00 AM	Power Flow	Loft	upstairs	In-Studio & Online	Lelia Leary
9:30 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Lia Romani
9:30 AM	Chair Yoga For All Ages	Waterfall	downstairs	In-Studio & Online	Jen Mast
12:00 PM	Gentle Flow & Restore	Waterfall	downstairs	In-Studio & Online	Jenny Meshna
4:00 PM	Little Kids Yoga Series	Waterfall	downstairs	In-Studio Only	Julie Iatron
4:30 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Julie McKay
5:15 PM	Tween Yoga Series	Waterfall	downstairs	In-Studio Only	Julie Iatron
6:00 PM	All Levels Vinyasa	Waterfall	downstairs	In-Studio & Online	Erin LoPorto
6:30 PM	Power Flow (Warm Room / 80-85°)	Loft	upstairs	In-Studio & Online	Meaghan McCusker
7:30 PM	Restorative Yoga	Waterfall	downstairs	In-Studio Only	Erin LoPorto
WEDNESDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
9:00 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Lelia Leary
10:30 AM	Slow Flow	Waterfall	downstairs	In-Studio & Online	Emily Wheeler
12:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Julie McKay
1:30 PM	Gentle Yoga	Loft	upstairs	In-Studio & Online	Julie McKay
4:30 PM	Restorative Yoga	Waterfall	downstairs	In-Studio Only	Erin LoPorto
6:00 PM	Yoga for Hips & Shoulders	Loft	upstairs	In-Studio & Online	Valerie Kacian
7:00 PM	Power Flow (Warm Room / 80-85°)	Waterfall	downstairs	In-Studio Only	Emily Putzig
7:00 PM	Prenatal Yoga	Lotus	downstairs	In-Studio Only	Wendy Ansdell
7:30 PM	Yin Yoga	Loft	upstairs	In-Studio & Online	Valerie Kacian
THURSDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
6:00 AM	Power Flow	Loft	upstairs	In-Studio & Online	Lelia Leary
9:30 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Jenny Meshna
9:30 AM	Chair Yoga For All Ages	Online		Online Only	Jen Mast
12:00 PM	Gentle Flow & Restore	Waterfall	downstairs	In-Studio & Online	Jenny Meshna
4:30 PM	Yin Yoga	Loft	upstairs	In-Studio & Online	Julie Iatron
6:30 PM	Gentle Yoga w/ Functional Movement <i>(begins 1/19)</i>	Lotus	downstairs	In-Studio Only	Cindy Boulter
7:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Lelia Leary
7:00 PM	Restorative Yoga	Waterfall	downstairs	In-Studio Only	Anastasia Fayerman
FRIDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
9:00 AM	Power Flow	Loft	upstairs	In-Studio & Online	Julie Iatron
10:30 AM	Yin Yoga	Loft	upstairs	In-Studio & Online	Julie Iatron
12:00 PM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Erin LoPorto
1:30 PM	Yoga for Longevity	Waterfall	downstairs	In-Studio & Online	Karen O'Neil
4:30 PM	Power Flow <i>(begins 12/2)</i>	Loft	upstairs	In-Studio & Online	Emily Putzig
6:00 PM	Restorative Yoga	Waterfall	downstairs	In-Studio & Online	Ulrike Kjellberg
SATURDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
7:30 AM	Vinyasa Flow	Loft	upstairs	In-Studio Only	Lia Romani
9:00 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Lia Romani
10:30 AM	Gentle Yoga	Loft	upstairs	In-Studio & Online	Lia Romani
12:00 PM	Power Flow	Loft	upstairs	In-Studio & Online	Lelia Leary
SUNDAYS	CLASS	ROOM	LOCATION	CLASS TYPE	TEACHER
7:15 AM	Power Flow w/ Extended Guided Savasana (75 min.)	Loft	upstairs	In-Studio & Online	Lelia Leary
9:00 AM	All Levels Vinyasa	Loft	upstairs	In-Studio & Online	Julie McKay
9:30 AM	Prenatal Yoga	Waterfall	downstairs	In-Studio & Online	Megan Peculis
10:30 AM	Gentle Yoga	Loft	upstairs	In-Studio & Online	Julie McKay
12:00 PM	Slow Flow	Loft	upstairs	In-Studio & Online	Julie McKay
4:30 PM	Vinyasa All Levels	Loft	upstairs	In-Studio Only	Sandra Holt
6:00 PM	Yin Yoga	Loft	upstairs	In-Studio Only	Sandra Holt