

REVOLUTION COMMUNITY YOGA CLASS SCHEDULE

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