



Weekly Class Schedule

Monday

8am **Monday Morning Flow** with Lisa
10am **Gentle Yoga** with Susan
6pm **Vinyasa Flow** with Katie
7:30pm **Gentle Flow** with Rebecca

Tuesday

9am **Awakening Flow** with Lexie
6pm **Gentle Yoga** with Meadow

Wednesday

7:30am **Morning Stretch** with Bill
Livestream available!
12pm **Lunchtime Express** with Nicole
5pm **Slow Flow** with Bill
6:30pm Once a month: **Yoga Nidra, Men's Group, Somatic Unwind + Sound Healing, Restorative Yoga**

Thursday

8:30am **Morning Flow** with Roz
10am **Gentle Yoga** with Susan
6pm **Vinyasa Flow** with Lisa
7:15pm **Yin Yoga** with Jaime

Friday

9am **Morning Flow** with Anne
12pm **Lunchtime Express** with Roz

Saturday

9am **Vinyasa Flow** w/ Katie or Roz
10:30am **Gentle Flow** with Aviva

Sunday

9am **Slow Flow** with Connie
10:30am **Sunday Sadhana** w/ Meadow or Jaime

see full schedule and register at pittsboroyoga.com