



# YOGA ON CENTER Healdsburg

## MONDAY

8:00-9:00am	Pilates Mat	Mark Hagerman	Level 1-2
9:15-10:30am	Gentle Yoga	Vinita Laroia	Level 1-2
Noon-1:00pm	Lunchtime Flow Yoga	Jenn Russo	Level 2-3
5:30-6:30pm	Vinyasa Flow	Barbara Fitzgerald	ALL

## TUESDAY

9:00-10:30am	Vinyasa Flow Yoga by Donation	Jenn Russo	Level 2-3
Noon-1:00pm	Restorative/Yin Yoga	Vinita Laroia	ALL
4:00-5:00pm	Vinyasa	Sarah Meyer	ALL

## WEDNESDAY

6:30-7:30am	Early Bird Yoga	Katina Knapp	ALL
8:00-9:00am	Pilates Mat	Kate Vazzoler	Level 1-2
9:15-10:45am	Slow Flow Yoga	Vinita Laroia	Level 1-2
Noon-1:00pm	Lunchtime Flow Yoga	Jenn Russo	Level 2-3
5:30-7:00pm	Vinyasa Flow	Sarah Meyer	ALL
7:15-8:30	Modern Dance	Upside Dance	ALL

## THURSDAY

9:00-10:30am	Vinyasa Flow Yoga by Donation	Jenn Russo	Level 2-3
Noon-1:00pm	Restorative/Yin Yoga	Vinita Laroia	ALL
5:30-7:00pm	Yin/Yang Yoga	Nancy Frey	ALL

## FRIDAY

8:30-9:30am	Pilates Mat	Tasha V.	Level 1-2
10:00-11:00am	Gentle Yoga	Vinita Laroia	ALL
Noon-1:00pm	Lunchtime Vinyasa Yoga	Sarah Meyer	ALL
5:30-6:30pm	Happy Hour Flow Yoga	Barbara Fitzgerald	ALL

## SATURDAY

9:00-10:30am	Intermediate Vinyasa Flow	Jenn Russo	Level 2-3
11:00-12:30pm	All Level Yoga	Daniel Alva	ALL

## SUNDAY

9:00-10:30am	Intermediate Vinyasa Flow	Barbara Fitzgerald	Level 2-3
11:00-12:30pm	Slow Flow Yoga	Katina Knapp	ALL

All classes are subject to change. PLEASE see the website for daily changes, holiday schedules and subs.

\*Special class or series, separate rates may apply.