

FALL 2023 YOGA INSTRUCTOR SCHEDULE*

*SUBJECT TO CHANGE BASED ON INSTRUCTOR SUBSTITUTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Express Elleni P	Express Cyndi H	Express Lacie L	Express Genevieve B	Restore Express Lacie L		
9:00 AM	Vinyasa 1 Kate J	Vinyasa 2 Hot Niki A	Vinyasa 1 Kate J	Vinyasa 2 Hot Phong C	Vinyasa 2 Kate J	Vinyasa 1 Lauren T	Restore Genevieve B
10:30 AM						Vinyasa 2 Lauren T	Vinyasa 1 Genevieve B
12:00 PM					Vinyasa 2 Kate J	Vinyasa 3 Anna G	
4:00 PM		Vinyasa 2 Natalie T		Vinyasa 1 Andrew G			
5:30 PM	Vinyasa 2 Shelby B	Vinyasa 1 Natalie T	Vinyasa 2 Annie A	Vinyasa 1 Anna G			
6:00 PM					Restore Cyndi H		
7:00 PM	Vinyasa 1 Stephanie K	Vinyasa 2 Julia A	Vinyasa 1 Stephanie K	Vinyasa 2 Anna G			
8:00 PM							Restore Khara H
8:30 PM	Restore Stephanie K	Restore Julia A	Restore Stephanie K	Restore Annie A			