

## WINTER/SPRING 2024 YOGA INSTRUCTOR SCHEDULE\*

\*SUBJECT TO CHANGE BASED ON INSTRUCTOR SUBSTITUTIONS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	Flow Express <b>Elleni P</b>	Flow Express <b>Cyndi H</b>	Flow Express <b>Lacie L</b>	Flow Express <b>Elleni P</b>	Restore Express <b>Lacie L</b>		
9:00 AM	Align <b>Diane A</b>	Hot Power Flow <b>Kate J</b>	Flow <b>Kate J</b>	Hot Power Flow <b>Phong C</b>	Power Flow <b>Kate J</b>	Flow <b>Lauren T</b>	Align <b>Emma E</b>
10:30 AM						Power Flow <b>Lauren T</b>	Flow <b>Emma E</b>
12:00 PM					Hot Power Flow <b>Kate J</b>	Hot Power Flow <b>Anna G</b>	
4:00 PM		Flow <b>Natalie T</b>		Flow <b>Andrew G</b>			
5:30 PM	Hot Power Flow <b>Shelby B</b>	Power Flow <b>Natalie T</b>	Flow <b>Annie A</b>	Power Flow <b>Anna G</b>	Restore <b>Cyndi H</b>		Align <b>Khara H</b>
7:00 PM	Flow <b>Stephanie K</b>	Hot Power Flow <b>Julia A</b>	Align <b>Stephanie K</b>	Hot Power Flow <b>Anna G</b>			Restore <b>Khara H</b>
8:30 PM	Restore <b>Stephanie K</b>	Restore <b>Julia A</b>	Restore <b>Stephanie K</b>				