

# Autumn Class Schedule

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## *Monday*

11:30am - Back & Hips  
5:00pm - Intro to Yoga Series  
6:15pm - Yogafit  
7:30pm - Back & Hips

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## *Tuesday*

6:00am - Early-to-Rise Series  
9:30am - Stretch & Strengthen  
4:30pm - Kids Yoga (ages 9-12)  
6:00pm - Gentle Flow  
7:15pm - Intro to Yoga Series  
8:30pm - Restorative Yoga

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## *Wednesday*

9:00am - Back & Hips  
4:30am - Kids Yoga (ages 6 - 8)  
6:00pm - Yoga for Core Strength  
7:15pm - SPA Yoga

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## *Thursday*

9:30am - Stretch & Strengthen  
11:00am - Chair Yoga  
5:30pm - Gentle Flow  
6:45pm - Stretch & Strengthen

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## *Friday*

10:00am - Yin Yoga

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## *Saturday*

8:00am - All-Levels Flow

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## *Sunday*

10:00am - Stretch & Strengthen  
6:00pm - Yoga Nidra