

May 2024

8th Element Yoga NEW STUDIO SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
				9:30 Gentle Hatha - Vickie		8:15 - 9:15 Mediation/Pranayama - Neel
			11:00 Hatha Flow - Tiagra		11:00 Gentle Hatha - Tracy	9:30 Hatha - Neel
				5:30 Therapeutic Fascia Release - Cheryl		
				7:00 Restorative Cheryl		
5	6	7	8	9	10	11
						8:15 - 9:15 Mediation/Pranayama - Neel
	9:30 Hatha - Jenine	9:30 Weighted Hatha Flow - Cheryl		9:30 Gentle Hatha - Vickie		9:30 Hatha - Neel
			11:00 Hatha Flow - Tiagra		11:00 Gentle Hatha - Tracy	
5:00 - 6:15 Hatha Flow - Lynzee	5:30 Hatha - Vickie	5:30 Gentle Hatha - Leah		5:30 Therapeutic Fascia Release - Cheryl		
	7:00 Restorative - Vickie	7:00 Gentle Yin - Leah		7:00 Restorative Cheryl		
12	13	14	15	16	17	18
						8:15 - 9:15 Mediation/Pranayama - Neel
	9:30 Hatha - Jenine	9:30 Weighted Hatha Flow - Cheryl		9:30 Gentle Hatha - Vickie		9:30 Hatha - Neel
			11:00 Hatha Flow - Tiagra		11:00 Gentle Hatha - Tracy	
5:00 - 6:15 Hatha Flow - Lynzee	5:30 Hatha - Vickie	5:30 Gentle Hatha - Leah		5:30 Therapeutic Fascia Release - Cheryl		
	7:00 Restorative - Vickie	7:00 Gentle Yin - Leah		7:00 Restorative Cheryl		
19	20	21	22	23	24	25
						8:15 - 9:15 Mediation/Pranayama - Neel
	9:30 Hatha - Jenine	9:30 Weighted Hatha Flow - Cheryl		9:30 Gentle Hatha - Vickie		9:30 Hatha - Neel
			11:00 Hatha Flow - Tiagra		11:00 Gentle Hatha - Tracy	
5:00 - 6:15 Hatha Flow - Lynzee	5:30 Hatha - Vickie	5:30 Gentle Hatha - Leah		5:30 Therapeutic Fascia Release - Cheryl		
	7:00 Restorative - Vickie	7:00 Gentle Yin - Leah		7:00 Restorative Cheryl		
26	27	28				
	9:30 Hatha - Jenine	9:30 Weighted Hatha Flow - Cheryl				
5:00 - 6:15 Hatha Flow - Lynzee	5:30 Hatha - Vickie	5:30 Gentle Hatha - Leah				
	7:00 Restorative - Vickie	7:00 Gentle Yin - Leah				

All classes are 75min EXCEPT Mediation/Pranayama class on Saturday morning.
 Calendar represents regularly scheduled teachers only.
 Search by Class Type in Jane to see all class sessions regardless of teacher/substitutions.

