

Classes appropriate for Beginners



# Onyx Yoga Schedule: Friday - Sunday

	Friday	Saturday	Sunday
7 am	7:30-8:45am Vinyasa Flown Mixed Level Nancy	7:45-9:00am Yin Yoga Emily	7:45-9:00am Ashtanga Yoga Flow Jeff
8 am		8:00-9:15am HOT Flow Denise	8:00-9:15am HOT Flow Teresa
9 am	9:15-10:30am WARM Vinyasa Gabi	9:15-10:30am Vinyasa Flow Mixed Level Ranjitha  9:30-10:45am HOT Flow Gemma	9:15-10:30am Vinyasa Flow Mixed Level Shannon  9:30-10:45am WARM Vinyasa Jill P.
10 am	10:00-11:15am Vinyasa Flow Mixed Level Ranjitha		
11 am	11:30am-12:45pm Restorative Reena	11:00am-12:00pm Gentle Hatha for Stress Relief Ranjitha	11:00am-12:15pm Gentle Hatha for Stress Relief Reena
12 noon	12:00-1:00pm Vinyasa Flow Level 1 Shereen		
4 pm			4:00-5:15pm Warm Vinyasa Flow Alex
6 pm	6:15-7:30pm Vinyasa Flow Mixed level Nancy D.		
7 pm			7:00-8:15pm Yin Yoga Emily



find your yoga here

# Onyx Yoga Schedule: Monday - Thursday

Classes appropriate for Beginners

	Monday	Tuesday	Wednesday	Thursday
7 am		7:30-8:45am Vinyasa Flow Level 2/3 Josh		
8 am	8:30-9:00am Meditation Instruction & Practice Kim		8:00-9:15am Kundalini Barbara	
9 am	9:00-10:15am Kundalini Csilla  9:15-10:30am WARM Vinyasa Michael  9:30-10:45 Yin Yang Yoga Shannon	9:15-10:30am WARM Vinyasa Nancy  9:30-10:45am Vinyasa Flow Shannon	9:00-10:15am Yoga for Strength Jane (pre-reg req.)  9:15-10:30am WARM Vinyasa John  9:30-10:45 Vinyasa Flow Mixed Level Alex	9:15-10:30am HOT Flow Josh  9:30-10:45am Vinyasa Flow Mixed Level Emily
11 am	11:00am-12:5pm Vinyasa Flow Level 1 Jane	11:00am-12:15pm Vinyasa Flow Level 1 Sherry  11:15am-12:30pm Yin Yoga Judith	11:00am-12:15pm Therapeutic Yoga Judith	11:00am-12:5pm Vinyasa Flow Level 1 Jen
5 pm	5:30-6:30pm Gentle Hatha for Stress Relief Judy	5:30-6:30pm Vinyasa Flow Mixed Level Ranjitha		5:30-6:30pm Yoga Basics Jennifer  5:45-7:00pm WARM Vinyasa Gabi
6 pm	6:00-7:00pm WARM Vinyasa Sarah  6:45-8:00pm Vinyasa Flow Michael	6:15-7:15pm HOT Power Hour Noelle  6:45-8:00pm Gentle Hatha Yoga for Stress Relief Ranjitha	6:15-7:15pm HOT Power Hour Teresa  6:30-7:30pm Vinyasa Flow Mixed Level Gabi	6:30-7:45pm Kundalini Yoga Jill  6:45-8:00pm Yin Yang Yoga John
7 pm	7:15-8:30pm HOT Flow Mixed Level Teresa	7:15-8:30pm HOT Flow Denise	7:30-8:45 WARM Vinyasa Michael  7:45-9:00pm Gentle Hatha for Stress Relief Reena	7:15-8:30pm HOT Flow Jane
8 pm	8:15-9:15pm Yoga Basics Sandy			8:15-9:30pm Gentle Yoga with Yoga Nidra w judy  8:30-9:30pm Community Yoga