

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------|---|---|--|---|--|--|---|
| 6:00 | | Power Yoga 6:00 to 6:45am Ann Kiesling | | | Power Yoga 6:00 to 6:45am Ann Kiesling | | |
| 6:45 | | | | | | | |
| 8:00 | | | | | | Vinyasa Yoga 8:00 to 9:00 Marian McNair | |
| 8:30 | | | | Vinyasa Yoga 8:30 to 9:30 Carol Myers | | | |
| 9:00 | | | | | | | |
| 9:30 | Gentle Yoga 9:30 to 10:30 Jen Kasdin | Power Yoga 9:30 to 10:30am Julie Slobodnik *STUDIO 1 | Vinyasa Yoga 9:30 to 10:30 Jen Kasdin | Power Yoga 9:30 to 10:30am Julie Slobodnik *STUDIO 1 | Power Yoga 9:30 to 10:30am Ann Kiesling | | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | | |
| 12:00 | | Yin Yoga 12:00 to 1:00pm Angie Berthelsen | | Yin Yoga 12:00 to 1:00pm Angie Berthelsen | | | |
| 1:00 | | | | | | | |
| 1:30 | | | | | | | Prenatal Yoga 1:30 - 2:30pm Betsy Cafe |
| 2:00 | | | | | | | |
| 4:00 | | | | | | | |
| 4:30 | Warm Flow Yoga 4:30 to 5:30 Mercedes Nagel | | Yoga Basics 4:30 to 5:30 Mercedes Nagel | | | | |
| 5:00 | | | | | | | |
| 5:30 | | | | | | | |
| 6:00 | | Vinyasa Yoga 6:00 to 7:00pm Carol Myers | | | | | |

All classes are held in the GroupX Studio in the Fitness Center EXCEPT the Power Yoga on Tues & Thurs morning at 9:30am which is held downstairs in **Studio 1**