

## **Yoga Lane Class Schedule**

### **Monday**

- 1:30 pm - Chair + Mat (Elaine)
- 4:00 pm - Strength & Stretch (Elaine)
- 5:15 pm - Teen (Elaine)
- 6:30 pm - Yoga Flow (Autumn)

### **Tuesday**

- 9:30 am - Yoga Flow (Autumn)
- 5:15 pm - Strength & Stretch (Elaine)
- 6:30 pm - Restore and More (Annelise)

### **Wednesday**

- 9:30 am - Strength & Stretch Elaine)
- 3:15 pm - Yoga Flow (Debbie)

### **Thursday**

- 9:30 am - Yoga Flow (Debbie)
- 5:15 pm - Intermediate Yoga (Debbie)
- 6:30 pm - Restore and More (Debbie)

### **Friday**

- 9:30 am - Yoga Flow (Autumn)
- 1:30 pm - Chair + Mat (Linda)

### **Saturday**

- 9:30 am - Stretch & Relax (Lora Mae)