

dewyoga

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7 - 8am Open Level Vinyasa	8:00 - 9:15am Moderate Kripalu	7 - 8am Open Level Vinyasa	8:00 - 9:15am Open Level Vinyasa	7 - 8am Open Level Vinyasa	9 - 10:15am Open Level Vinyasa	8 - 9:15am Open Level Kripalu - Karma Donation
9:30 - 10:45am Gentle Kripalu	8:00 - 9:15am Kundalini Yoga	9:30 - 10:45am Gentle Kripalu	9:30 - 10:45am Moderate Kripalu	9:30 - 10:45am Gentle Kripalu	10 - 11:15am Yoga with Robert	9 - 10:30am Kundalini Yoga
9:30 - 10:45am Open Level Vinyasa	9:30 - 10:45am Yoga with Robert	9:30 - 10:45am Open Level Vinyasa	9:30 - 11am Kundalini Yoga	9:30 - 10:45am Open Level Vinyasa	11 - 12:15pm Enlighten Up Yoga	9 - 10:15am Moderate/Vigorous Vinyasa
12:30 - 1:30pm Power Hour Yoga	9:30 - 10:45am Open Level Vinyasa	11:00 - 12:15pm Slow Flow & Yin Yoga	11:00 - 12:15pm Gentle Kripalu	12:30 - 1:30pm Power Hour Yoga	4 - 5:15pm Open Level Kripalu	10:30 - 11:30am Slow Flow & Yin Yoga
5:30 - 6:30pm Slow Flow Yoga	11 - 12:15pm Open Level Kripalu	12:30 - 1:30pm Slow & Strong Vinyasa	4:30 - 5:30pm Slow Flow & Yin Yoga	5:30 - 6:45pm Moderate Vinyasa	4 - 5:15pm Power Yoga	4 - 5:15pm Restorative Yoga with Yoga Nidra
5:45 - 7:00pm Open Level Vinyasa	4:00 - 5:00pm Slow Flow Yoga	4:30 - 5:30pm Slow & Strong Vinyasa	5:45 - 6:45pm Open Level Vinyasa	6:00 - 7:15pm Open Level Kripalu		5 - 6:15pm Open Level Vinyasa
7:15 - 8:30pm Core Strength Vinyasa	5:00 - 5:45pm Pranayama & Meditation	5:45 - 7:00pm Open Level Vinyasa	6:15 - 7:30pm Kundalini Yoga			
	6:00 - 7:15pm Open Level Vinyasa	6:15 - 7:30pm Beginner Yoga for Women	7:00 - 8:15pm Vigorous Vinyasa			
	7:30 - 8:45pm Men's Yoga	7:30 - 8:45pm Kripalu Moderate				

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