


PHOENIX YOGA | SPRING & SUMMER SCHEDULE 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		7:00 – 8:00 ALL-LEVELS Colleen (S)		7:00 – 8:00 ALL-LEVELS Colleen (S)			
8:00 AM						8:30 – 9:30 VINYASA Corri (V)	
9:00 AM	9:30 – 10:30 ALL-LEVELS Deirdre (VS)	9:30 – 10:30 BASICS Jim (VS)	9:30 – 10:30 ALL-LEVELS Deirdre (VS)	9:30 – 10:30 BASICS Jim (VS)	9:30 – 10:30 ALL-LEVELS Jim (VS)	9:00 – 10:00 ALL-LEVELS Colleen (S)	9:00 – 10:00 BASICS Halle (V)
10:00 AM		PHOENIX YOGA 24350 Center Ridge Road Westlake, OH 44145 frontdesk@phoenixyogacle.com www.phoenixyogacle.com 440-471-4749				10:30 – 11:30 BASICS Jim (VS)	11:00 – 12:00 <i>2nd & 4th Sun.***</i> LATIN CARDIO DANCE Nicole (S)
4:00 PM	4:45 – 5:45 VINYASA Jim (S)			4:45 – 5:45 VINYASA Jim (S)			4:00 – 5:00 STRETCH & RESTORE Jim (S)
5:00 PM					5:30 – 6:30 WEEKEND WARM-UP Jim (S)	5:00 – 6:30 ALL-LEVELS + STRETCH Jim (S)	
6:00 PM	6:00 – 7:00 STRETCH & RESTORE* Halle (S)	6:00 – 7:00 BASICS Jim (VS)	6:00 – 7:00 VINYASA Corri (S)	6:00 – 7:00 STRETCH & RESTORE Jim (VS)			6:00 – 7:00 STRETCH & RESTORE Halle (V)
7:00 PM		7:30 – 8:30 STRETCH & RESTORE Jade** (VS)			7:00 – 8:00 <i>2nd Friday</i> <i>only***</i> SOUND BATH Becky (S)		

(S) In-Studio & (V) Virtual or (VS) Both formats simultaneously *NEW! Begins May 16th **Jade begins teaching May 31st ***Check Workshops tab for dates