


# Phoenix Yoga | February 2023

HOUR	Monday	Tuesday	Wednesday		Thursday	Friday	Saturday	Sunday
7:00 AM		7:00-8:00 All Levels Colleen (S)	7:00-8:00 Warm Flow Claudia (S)		7:00-8:00 All Levels Colleen (S)			
8:00 AM						8:00-9:00 Basics Halle (SV)	8:30-9:30 Vinyasa Corri (V)	8:30-9:30 Basics Halle (V)
9:00 AM	9:30-10:30 All Levels Deirdre (SV)	9:30-10:30 Warm Flow Jim (SV)	9:30-10:30 All Levels Deirdre (SV)		9:30-10:30 Warm Flow Kathy (SV)	9:00-10:00 Barre Yoga Claire (S)	9:00-10:00 All Levels Colleen (S)	
10:00 AM							10:30-11:30 Basics Jim (SV)	10:30-11:30 Barre Yoga Claire (S)
11:00 AM		11:00-12:00 Winter Warmup Claire (S)						
12:00 PM	12:00-12:45 Power Yoga Rachel (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 Warmup <i>Rotating Staff</i> (S)	5:00-6:30 All Levels + Stretch Jim (S)	
6:00 PM	6:00-7:00 Yin Yoga Claire (S)	6:00-7:00 Basics Jim (SV)	6:00-7:00 Vinyasa Corri (S)	6:00-7:00 Stretch & Restore Claudia (SV)	6:00-7:00 Stretch & Restore Jim (SV)			
7:00 PM		7:00-8:00 Sound Bath Becky Hopp 2 <sup>nd</sup> Tuesday (S)			7:15-8:15 iRest Meditation Deirdre (S) 3 <sup>rd</sup> Thursday			
7:30 PM		7:30-8:30 Stretch & Restore Kathy (SV)			7:30-8:30 Sound Bath+Yoga Becky Hopp (S) 1 <sup>st</sup> Thursday			

(S) In-Studio & (V) Virtual or (VS) Both formats simultaneously