


Phoenix Yoga | Winter 2024

HOUR	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)	8:30-9:30 Basics Halle (V)
9:00 AM	9:30-10:30 All Levels Deirdre (SV)		9:30-10:30 All Levels Deirdre (SV)	9:30-10:30 All Levels Jim (S)	9:30-10:30 Stretch & Restore Jim (S)	9:00-10:00 All Levels Colleen (S)	
10:00 AM						10:00-10:25 Meditation Diana (S)	10:30-11:30 Barre Yoga Claire (S)
10:30 AM						10:30-11:30 Basics Jim (S)	
1:00 PM						1:00-2:15 Yoga 101 (6x/yr) Jim/Darci (S)	
3:00 PM							
4:00 PM						4:00-5:30 All Levels + Stretch Jim (S)	4:00-5:00 Stretch & Restore Jim (S)
5:00 PM	4:45-5:45 Vinyasa Jim (S)	4:45-5:45 Heated Power Yoga Rachel	4:45-5:45 Barre Yoga Claire/Kristen (S)	4:45-5:45 Vinyasa Jim (S)	5:30-6:30 Weekend Warmup <i>Rotating Staff</i> (S)		
6:00 PM	6:00-7:00 Stretch & Restore Claire (S)	6:00-7:00 All Levels Jim (S)	6:00-7:00 Vinyasa Corri (S)	6:00-7:00 Stretch & Restore Jim (SV)			
7:00 PM		7:15-8:15 Slow Flow/Med Kristen (S)					

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