

The Yoga Circle Weekly Schedule

SUMMER 2019

BEGINNER FRIENDLY

Mon

9:30 am	Intermediate Flow	Vivian Givhan
12:00 pm	Hot Soul	Stephen Fletcher
4:30 pm	Flow	Teresa Callahan
6:00 pm	Intermediate Flow	Renny Ratliff
7:45 pm	Slow Flow	Kellyn Garrison

Tue

6:00 am	Ashtanga	Shannon Hancock
8:00 am	Flow	Teresa Callahan
12:00 pm	Basic Flow	Laura Jasper
5:30 pm	Intermediate Flow	Tori Prendergast
7:00 pm	Ashtanga	Meghan Malone

Wed

6:00 am	Flow	Kerry Burgess
9:30 am	Intermediate Flow	Renny Ratliff
12:00 pm	Hot Soul	Stephen Fletcher
4:30 pm	Flow	Renny Ratliff
6:00 pm	Hot Soul	Stephen Fletcher
7:45 pm	Intermediate Flow	Kelly Huggart

Thu

6:00 am	Ashtanga	Kerry Burgess
8:00 am	Flow	Teresa Callahan
12:00 pm	Basic Flow	Laura Jasper
5:30 pm	Intermediate Flow	Pilar Taylor
7:00 pm	Basic Flow	Elizabeth Kim

Fri

6:00 am	Intermediate Flow	Kerry Burgess
9:30 am	Intermediate Flow	Pilar Taylor
12:00 pm	Hot Soul	Stephen Fletcher
5:30 pm	Intermediate Flow	Pilar Taylor

Sat

8:00 am	Hot Soul	Stephen Fletcher
10:00 am	Basic Flow	Ivelina Dobrova
12:00 pm	Intermediate Flow	Pilar Taylor
4:00 pm	Slow Flow	Kellyn Garrison

Sun

8:00 am	Flow	Elizabeth Kim
9:30 am	Hot Soul	Renny Ratliff
11:00 am	Slow Flow	Ivelina Dobrova
4:00 pm	Yin	Rachel Little
5:30 pm	Intermediate Flow	Tori Prendergast