

# SEATTLE YOGA ARTS

## CLASS SCHEDULE

<b>Monday</b>	7:00-8:15 am	Sunrise Yoga	Erin
	10:00-11:30 am	Deepening	Rainey
	12:00-1:15 pm	Meditation & Movement	Rainey
	4:00-5:30 pm	Essentials	Rebecca
	5:30-7:00 pm	Essentials	Denise
	5:45-7:15 pm	Pure Stretch	Erin
	7:15-8:45 pm	Deepening	Denise
<b>Tuesday</b>	8:00-9:30 am	Essentials	Rainey
	10:00-11:30 am	Essentials	Denise
	12:00-1:15 pm	All Levels	Jorge
	4:15-5:30 pm	Back Care, Core Strength	Bianca
	5:30-7:00 pm	Essentials	Meg
	5:45-7:15 pm	Advanced	Rainey
	7:15-8:30 pm	Deepening	Ellen
7:30-8:45 pm	Yoga Nidra	Erin	
<b>Wednesday</b>	7:00-8:15 am	Sunrise Yoga	Grace
	9:30-10:45 am	Gentle	Rebecca
	10:00-11:30 am	Deepening	Rainey
	12:00-1:15 pm	Essentials	Jorge
	4:00-5:15 pm	Essentials	Beth
	5:30-7:00 pm	Deepening	Denise
	7:15-8:45 pm	Essentials	Denise
<b>Thursday</b>	8:00-9:30 am	Essentials	Rainey
	10:00-11:30 am	Essentials	Meg
	12:00-1:15 pm	All Levels	Laura
	4:00-5:30 pm	Essentials	Rebecca
	5:30-7:00 pm	Advanced	Rainey
	5:45-7:15 pm	Deepening	Ellen
	7:15-8:30 pm	Essentials	Laura
<b>Friday</b>	7:00-8:15 am	Sunrise Yoga	Grace
	9:30-10:45 am	Gentle	Rebecca
	10:00-11:30 am	Deepening	Bianca
	12:00-1:15 pm	Essentials	Bianca
	4:00-5:30 pm	Essentials	Jane
	5:45-7:15 pm	Deepening	Jane
<b>Saturday</b>	9:00-10:30 am	Deepening	Beth
	10:45-12:15 pm	Essentials	Beth
	5:30-7:00 pm	Deepening	Laura
<b>Sunday</b>	8:30-10:00 am	Essentials	Jorge
	9:00-10:30 am	Advanced	Denise
	10:15-11:45 am	Deepening	Jorge
	10:45-12:15	Essentials	Denise
	1:15-2:30 pm	Prenatal	Jane
	2:45-4:15 pm	Deepening	Jane
	4:30-5:45 pm	Gentle	Bianca
	6:00-7:30 pm	Essentials	Bianca