

WEEKLY YOGA SCHEDULE - APRIL-MAY

Sign up on the Wix Fit app

Or on the Website

[www.sunfloweryogaspringfield.com](http://www.sunfloweryogaspringfield.com)

Phone: 937-450-7280

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30		6:30 AM HATHA YOGA JULIE		6:30 AM HATHA YOGA KARA		
7:30				8:00 AM SHAKTI NAAM YOGA KARINA		8:00 AM SLOW FLOW I JORDANN
8:30	8:00AM MEN SUNDAY STRETCH AARON	8:30 AM SHAKTI NAAM YOGA KARINA	9:00 AM VINYASA FLOW KYLIE			
9:30	9:30 AM GENTLE FLOW KARA	9:30 AM POWER FLOW BECKY		9:30 AM POWER FLOW NIKI	9:30 AM GENTLE VINYASA SARAH	9:30 AM SLOW FLOW II JORDANN
10:30		10:30 AM PILATES JULIE M	10:30 AM PILATES TERESA			
11:30	11:30 AM LUNCH FLOW BECKY	11:30 AM YOGA FOR CANCER, PAIN & RECOVERY SANDIE		11:30 AM GENTLE FLOW SANDIE		11:00 AM ZUMBA KELLYE
12:30			12:00 PM LUNCHTIME FLOW CASEY			
1:30	1:00 PM CHAIR YOGA CASEY				1:30 PM FAITH FLOW BECKY	
2:30				2:30 PM FIRST TIMERS BEGINNERS CLASS BECKY		
3:30						
4:30		4:30 PM ZUMBA KELLYE				
5:30	5:00 PM HATHA YOGA ADRIENNE		5:00 PM HATHA YOGA ADRIENNE		5:30 PM YIN WIND DOWN MARIA	
6:30	6:30 PM SHAKTI NAAM YOGA KARINA	6:00 PM SLOW VINYASA FLOW MELANIE	STAY TUNED FOR MORE WEDNESDAY NIGHT WORKSHOPS!	6:15 PM HATHA YOGA JULIE	WINE DOWN FRIDAYS	
7:30		7:30 PM POWER VINYASA LOGAN		7:30 PM POWER VINYASA LOGAN		
**NEW CLASSES IN GREEN**						