



LIFTED LIFE YOGA CENTER

Schedule

Monday

6:00 am	HOT Yoga	Valerie
8:30 am	Anusara Inspired	Debbie
10:00 am	Restore	Julie
8:30 pm	Zumba	Katty

Tuesday

6:30 am	Mixed Level	Valerie
9:15 am	Power 1&2	Linda
5:30 pm	Restore	Rodney
7:00 pm	Pre-natal (pre-register)	Lindsey
8:30 pm	Vinyasa	Lindsey

Wednesday

6:00 am	HOT Yoga	Julie
9:15 am	Restore	Julie
4:30 pm	Tween Flow (pre-register)	Sherisa
8:30 pm	Zumba	Jessica

Thursday

6:30 am	Power Hour	Rodney
9:15 am	Lifted Yoga	Julie
10:45 am	Mom & Me (pre-register)	Julie
5:30 pm	Fundamentals	Julie

Friday

6:30 am	Power Hour	Debbie
8:30 am	Runner's Yoga	Linda
10:00 am	Zumba	Giselle

Saturday

7:30 am	HOT Yoga	Lindsey
9:00 am	Fundamentals	Valerie