

## Monday

6:15pm  
**All Levels Flow**

 Studio/Zoom

 Carrie H.



6:30pm  
**MBS Moves**

 Studio

 Miriam



6:30pm  
**Beginner's Yoga**

 Studio

 Suzy



7:30pm  
**Candlelight Restorative**

 Studio

 Larissa



7:30pm  
**Stretch & Soothe**

 Studio & Zoom

 Miriam



## Tuesday

9:30am  
**Intermediate Flow**

 Studio & Zoom

 Miriam



9:45am  
**Foundational Flow**

 Studio

 Kim



6:00pm  
**Foundational Flow**

 Studio

 Andrea Bi.



6:00pm  
**Mat Pilates**

 Studio

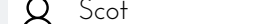
 Paola



7:15pm  
**Sangha Ananda: Study Group**

 Studio

 Scot




7:30pm  
**Soften & Restore**

 Zoom

 Larissa

## Wednesday

9:00am  
**Yin Yoga**

 Zoom

 Larissa



9:30am  
**All Levels Yoga**

 Studio

 Tami



9:45am  
**Gentle Yoga**

 Studio

 Kim




6:00pm  
**Community Yoga**

 Studio

 Scot



7:00pm  
**All Levels Flow**

 Studio

 Andrea Bl.



## Thursday

9:30am  
**Intermediate Flow**

 Studio & Zoom

 Carrie



9:45am  
**Beginner's Yoga**

 Studio

 Kim



6:00pm  
**All Levels Flow**

 Studio & Zoom

 Amanda



6:30pm  
**Foundational Flow**

 Studio

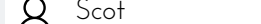
 Loren



7:15pm  
**Journey to Handstand**

 Studio

 Scot



7:30pm  
**Yoga Nidra**

 Zoom

 Miriam

## Friday

9:30am  
**All Levels Flow**

 Studio & Zoom

 Melanie



## Saturday

9:00am  
**All Levels Flow**


 Studio & Zoom

 Carrie



10:00am  
**Community Yoga**

 Studio

 Brooke



## Sunday

10:00am  
**Advanced Flow**

 Studio & Zoom

 Miriam



10:30am  
**Foundational Flow**

 Studio

 Rotation



\*Schedule subject to change. Please check website for updates.

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