



Agahatha Yoga Class Schedule

MON	TUE	WED	THUR	FRI	SAT	SUN
	In studio 9 am-10 am Yin Yoga/Beginner Yoga		In Studio 9:00 am - 10:00 am Hatha Yoga			In studio 8:00 pm- 9:00 pm Gentle Mindfull Yoga
In studio 9:30 am - 10:45 am Vinyasa Flow Yoga all levels		In studio 9:30 am - 10:30 am Yoga for Beginners/Gentle		In studio 9:30 am - 10:30 am Vinyasa Flow Yoga/all levels	In studio 9:30 am - 10:30 am Yin Yoga	
Zoom Class 9:30 am - 10:45 am Vinyasa Flow Yoga/all levels	In studio 10:15 am - 11:15 am Chair Yoga	Zoom Class 9:30 am - 10:30 am Yoga for Beginners/Gentle	In studio 10:15 am - 11:15 am Chair Yoga	Zoom Class 9:30 am - 10:45 am Vinyasa Flow Yoga/all levels	Zoom Class 9:30 am - 10:45 am Yin Yoga	In studio 9:30 am - 10:45 am Pure Flow Yoga
						Zoom Class 9:30 am - 10:45 am Pure Flow Yoga
			Reiki Sessions By appointment only			
					In studio 10:45 am - 12:00 am Vinyasa Flow Yoga/all levels	In studio 11 am - 12:15 pm Starting 9/24/23 Beginners Series for 4 weeks
In studio 5:30 pm- 6:30 pm Pure Flow Yoga Level 1	In studio 5:30 pm- 6:30 pm Prenatal/Postnatal Yoga	In studio 5:30 pm - 6:30 pm Vinyasa Flow Yoga with Core Strength	In studio 5:30 pm- 6:30 pm Prenatal/Postnatal Yoga	In studio 5:00 pm - 6:00 pm Restorative Yoga		In studio 3 pm - 4 pm Community Yoga or Family Yoga (once a month)
In studio 7 pm - 8 pm Hatha Yoga	In studio 7 pm - 8:15 pm Vinyasa Flow Yoga/ all levels	In studio 7 pm-8 pm Gentle Flow Yoga with Refine	In studio 7:00 pm - 8:15 pm Vinyasa Flow Yoga/all Levels			
Zoom Class 7:00 pm - 8:00 pm Hatha Yoga	Zoom Class 7 pm - 8:15 pm Vinyasa Flow Yoga		Zoom Class 7 pm - 8:15 pm Vinyasa Flow Yoga			

Questions call or text at 201 693 8492 or visit: Agahathayoga.com

Schedule is subject to change. Please check the home page for the most accurate schedule