Agahatha Yoga Class Schedule

October, November, and December 2026

Mon	Tue	Wed	Thur	Fri	Sat	Sun
In Studio 9:30 am-10:45 am Vinyasa Flow Yoga All levels	In Studio 9:30 am-10:30 am Yin Yoga/Deep Stretch Beginner Yoga	In Studio 9:30 am-10:30 am Yoga for Beginners	In Studio 9:30 am-10:30 am Vinyasa Flow Yoga Level 1/Level 2	In Studio 9:30 am-10:45 am Vinyasa Flow Yoga Level 1	In Studio 9 am-10 am Yin Yoga	Community Meditation 8:30 am-9:15 am (Every other week)
	In Studio 10:45 am-11:45 am Chair and Mat Harmony Yoga	Zoom Class 9:30 am-10:30 am Yoga for Beginners zoom	In Studio 10:45 am-11:45 am Chair and Mat Harmony Yoga	Zoom Class 9:30 am-10:45 am Vinyasa Flow Yoga Level 1 zoom	Zoom Class 9 am-10 am Yin Yoga zoom	In Studio 9:30 am-10:30 am Vinyasa Flow Yoga Level 2
	Private Session By Appointment	Private Session By Appointment	Private Session By Appointment	Private Session By Appointment	In Studio 10:15 am-11:30 am Vinyasa Flow Yoga Level 1/Level 2	Zoom Class 9:30 am-10:30 am Pure Flow Yoga Level 2 zoom
	In Studio 7 pm-8:15 pm Vinyasa Flow Yoga Level 1/Level 2	In Studio 7:05 pm-8:15 pm Vinyasa Flow Yoga With Core Strengthening Level 2	In Studio 7 pm-8:15 pm Vinyasa Flow Yoga Level 1/Level 2	In Studio 5:30 pm-6:30 pm Restorative Yoga With Sound Bath		In Studio 11 am-12 pm Beginners Yoga With Align and Explore

Questions? Call or text 201 693 8492 or visit: Agahatha.com
New Address: 207 Kinderkamack Road, Emerson, NJ 07630