



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 Gentle Flow and Refined Yoga			
In studio 9:30 am - 10:45 am Vinyasa Flow Yoga Level 1 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 Level 1	In studio 9 am - 10 am Yin Yoga	In studio 9:30 am - 10:30 am Pure Flow Yoga Level 2
	In studio 10:30 am - 11:30 am Chair and Mat Harmony Yoga	Zoom Class 9:30 am - 10:30 am Yoga for Beginners/Gentle	In studio 10:30 am - 11:30 am Chair and Mat Harmony Yoga	Zoom Class 9:30 am - 10:45 am Vinyasa Flow Yoga Level 1	Zoom Class 9 am - 10 am Yin Yoga	Zoom Class 9:30 am - 10:30 am Pure Flow Yoga
				Baby & Me Yoga 11am-12 pm Class by appointment only Group of 3 or more moms	In studio 10:30 am - 11:45 am Vinyasa Flow Yoga Level 2	Beginners Yoga with Align and Explore 11 am-12:15 pm
	Reiki Sessions 1:1 12pm		Private Sessions By Appointment	Private Sessions By Appointment	Private Sessions By Appointment	
In studio 5:30 pm- 6:30 pm Prenatal/Postnatal Yoga	In studio 5:30 pm- 6:30 pm Beginners Hatha Yoga		In studio 5:30 pm - 6:30 pm Kundalini Yoga	In studio 5:00 pm - 6:00 pm Restorative Yoga with Sound Bath		In studio 3 pm - 4 pm Community Yoga or Family Yoga (once a month)
In studio 7 pm - 8 pm Hatha Flow Yoga	In studio 7 pm - 8:15 pm Vinyasa Flow Yoga Level 1/Level 2	In studio 6 pm - 7 pm Vinyasa Flow Yoga with Core Strength Level 2	In studio 7:00 pm - 8:15 pm Vinyasa Flow Yoga/all Levels			
			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