



## 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 Flow 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 9:30 am - 10:30 am Yin Yoga	In studio 9:30 am - 10:45 am Pure Flow Yoga Level 2
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 Level 1	Zoom Class 9:30 am - 10:45 am Yin Yoga	Zoom Class 9:30 am - 10:45 am Pure Flow Yoga Level 2
			Reiki Sessions  By appointment only			
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 Level 2		In studio 5:00 pm - 6:00 pm Gentle/Restorative Yoga with Sound Bath	In studio 10:45 am - 12:00 am Vinyasa Flow Yoga Level 2	Beginners Yoga with Align and Explore  11 AM-12 PM
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 7 pm-8 pm Gentle Flow Yoga with Refine	In studio 7:00 pm - 8:15 pm Vinyasa Flow Yoga/all Levels			In studio 3 pm - 4 pm Community Yoga or Family Yoga  (once a month)
Zoom Class 7:00 pm - 8:00 pm Hatha Flow Yoga	Zoom Class 7 pm - 8:15 pm Vinyasa Flow Yoga Level 1		Zoom Class 7 pm - 8:15 pm Vinyasa Flow Yoga			

Questions call or text at 201 693 8492 or visit: [Agahathayoga.com](http://Agahathayoga.com)

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