

YOGA IN ANOKA Class Schedule

Spring 2017



SUNDAY

- Au-some Yoga: (EARTH STUDIO) 3:00 p.m. – 4:00 p.m. with Jessica – TBA
- Soup, Yoga and Social (NE MPLS – Location) 4:30 p.m. – 6:30 p.m. (See Upcoming dates Register Max:8) March 19th, March 26th, April 9th

Monday

- (B-MIX) TRX (EARTH STUDIO): 2:00 p.m. – 2:45 p.m. with Andy (March 6th)
- Yoga Flow (EARTH STUDIO): 4:30 p.m. – 5:30 p.m. with Kamie
- (B) **Intro To Yoga 6 Week (SKY STUDIO): 5:45 -6:45 p.m. with Kamie (Starts April 2017)
- (B-MIX) TRX (EARTH STUDIO): 6:00 p.m. – 6:45 p.m. with Andy
- (B) Yoga for Wellness (SKY STUDIO) 7:00 p.m. – 8:00 p.m. with Kamie

Tuesday

- (B) Mixed Level Hatha Yoga: (EARTH STUDIO) 6:30 a.m. – 7:30 a.m. with Alex
- (B) Yoga for Wellness: (EARTH STUDIO) 9:30 a.m. – 10:30 a.m. with Kamie
- (B-MIX) TRX (EARTH STUDIO): 3:00 p.m. – 3:45 p.m. with Andy
- (B) Yoga for Wellness: (EARTH STUDIO): 4:00 p.m. – 5:00 p.m. with Kamie
- (B) Yoga for Wellness (EARTH STUDIO): 5:30 – 6:30 p.m. with Kamie

Wednesday

- (B-MIX) TRX (EARTH STUDIO): 6:00 p.m. – 6:45 p.m. with Andy
- (B) Prenatal Yoga (EARTH STUDIO): 7:00 p.m. – 8:30 p.m. with Jessica

Thursday

- (B) Yoga for Wellness (EARTH STUDIO): 9:30 a.m. – 10:30 a.m. with Kamie
- (B-Mix) TRX (EARTH STUDIO): 2:00 p.m. – 2:45 p.m. with Andy
- (B-MIX) Hatha Yoga: (EARTH STUDIO) 2:00 p.m. – 3:00 p.m. with Kamie (Starts March 2nd)
- Yoga Flow (SKY STUDIO): 4:30 p.m. – 5:45 p.m. with Tom
- (B)**Intro To Yoga 6 Week (EARTH STUDIO): 5:30 p.m. – 6:30 p.m. with Karen (Starts March 2017)
- (B) Relax and Restore + YIN (SKY STUDIO): 5:50 p.m. – 6:50 p.m. with Kamie
- (B) Yoga for Wellness: (EARTH STUDIO) 7:00 p.m. – 8:00 p.m. with Kamie

Friday

- No classes

Saturday

- Yoga Flow (EARTH STUDIO): 9:00 a.m. – 10:15 a.m. with Alex
- (B) Beginning Yoga (EARTH STUDIO): 10:30 a.m. – 11:45 a.m. with Alex
- **Ayurvedic Wellness and Lifestyle RETREATS: 8:30 a.m. – 1:00 p.m. – with Kamie held in Northeast Mpls
March 18th: Diet and Nutrition: Inflammation
March 25th: Rest and Restore: Fatigue and Adrenal Health
April 8th: Diet and Nutrition: Cleanse that Ayurvedic Way

Please register for classes marked with (**)

Note: Classes that welcome all levels and new student to yoga are marked with (B) or (B-MIX)