



Kundalini House

YOGA TIMETABLE



MON	TUE	WED	THU	FRI	SAT	SUN
6:30 - 7:30 Hatha Flow Yoga Georgia	6:30 - 7:30 Kundalini Yoga Kathy	6:30 - 7:30 Hatha Yoga Rhonda	6:30 - 7:45 Kundalini Yoga Alison	6:30 - 7:30 Hatha Flow Yoga Shilpa	7:15 - 8:30 Hatha Yoga Rhonda	
8:00 - 9:00 Integrative Qi Gong Joanna	8:00 - 9:00 Tantric Hatha Yoga Whitney	8:00 - 9:00 Kundalini Yoga Virginia		8:00 - 9:00 Integrative Qi Gong Rachel		8:00 - 9:15 Kundalini Yoga Ravi
	9:30 - 10:45 Kundalini Yoga Billie				9:00 - 10:15 Kundalini Yoga Rhonda	9:30 - 10:45 Vinyasa Yoga Lu
					10:45 - 12:00 Prenatal Yoga Julia-Rose	
12:30 - 1:30 Hatha Flow Yoga Shilpa	1:00 - 2:00 Smart Yoga David		12:30 - 1:30 Embodied Meditation Rachel	12:30 - 1:30* Kundalini Yoga Virginia		
	5:00 - 6:00 * Kundalini Yoga Jill ★					5:00 - 6:15 Yin Yoga & Meditation Avril
6:30 - 7:45 Kundalini Yoga Joanna	6:30 - 7:45 Vinyasa Yoga Chrissy	6:30 - 7:45 Kundalini Yoga Prem	6:30 - 7:45 Vinyasa Yoga Georgia			
8:00 - 9:00 Yin Yoga Joanna	8:00 - 9:00 Kundalini Yoga & Meditation Alison	8:00 - 9:00 Restorative Yoga Nidra Rachel	8:00 - 9:00 Yin Yoga Georgia			

* Community Class - \$10 Class

★ Virtual Class Only



**CLASSES ARE
AVAILABLE
IN STUDIO & ONLINE**

