



Yoga 2024

Schedule subject to change. See bewellihs.com for most up-to-date listings.

MONDAYS

5:30pm **Power Hour: Level 1** *Caitlin Staley*

TUESDAYS

8:00am **Power Hour: Level 1** *Elodie Peay*

5:30pm **Open Level Vinyasa** *Sarah Maupai*

6:45pm **Restorative Yoga** *Jane Meldrum*

WEDNESDAYS

6:15am **Vinyasa Express** *Julie Rebels*

9:30am **Prenatal Yoga** *Chana Meer*

5:00pm **Gentle Hatha Yoga** *Marisa Sweeney*

6:15pm **Power Hour: Level 2** *Lauren Deodino*

THURSDAYS

8:00am **Gentle Hatha Yoga** *Marisa Sweeney*

5:00pm **Power Hour: Level 1 PLUS** *Caitlin Staley*

6:15pm **Introduction to Yoga** *Julie Rebels*

7:30pm **Restorative Yoga** *Tracey Robles*

FRIDAYS

6:15am **Vinyasa Express** *Cindy Chiraiello*

5:00pm **Power Hour: Level 1** *Jess Ricci*

6:15pm **Yin Yoga** *Sarah Whitman*

SATURDAYS

8:30am **Gentle Hatha Yoga** *Chara Rodriguera*

10:00am **Open Level Vinyasa** *Alyssa Kopf*

11:15am **SUPER SATURDAY CLASS** *Various teachers (see website)*

SUNDAYS

8:15am **Baby & Me Yoga** *Jane Daly Danese*

9:30am **Prenatal Yoga** *Jane Daly Danese*

11:00am **Open Level Vinyasa** *Caitlin Staley*