

EUGENE YOGA DROP-IN SCHEDULE AT 5TH STREET MARKET STUDIO						
199 East 5th Avenue, Suite 33						
Spring 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:30-8:30 Awaken Energy Jordan			7:30 - 8:30 Power Yoga Cynthia	7:30-8:30 Awaken Energy Jordan	
Yoga Teacher Training						
	9:00 - 10:30 Iyengar Yoga Andrea	9:00 - 10:15 Yoga Basics Amelia	9:00 - 10:15 Strength/Balance Jennifer	9:00 - 10:15 Yoga Basics Jennifer	9:00 - 10:30 Iyengar Yoga Andrea	9:00 - 10:30 Hatha (1) Yoga Donna
		10:30-11:30 Trauma-Sensitive Amelia	10:30 - 11:30 Gentle/Adaptive Jennifer			Yoga Teacher Training
	12 - 1 Power Yoga Sofia	12 - 1 Strong Flow Laura	12-1 Power Yoga Sofia	12 - 1 Strong Flow Laura	12-1 Power Yoga Cynthia	
		3:30 - 5:15 Capoiera Kids		3:30 - 5:15 Capoiera Kids		
5:30 - 6:45 Sunday Unwind Anders	5:30 - 6:45 VinYin Laura	5:30 - 6:30 Prenatal Amelia	5:30 - 6:45 Yoga Basics Jennifer	5:30 - 6:30 Prenatal Jennifer	5:30 - 6:30 Friday Unwind Amelia	
	7:00 - 8:30 Capoiera	6:45 - 8:00 Vinyasa Flow Arielle	7:00 - 8:15 Beginning Series Jennifer	7:00 - 8:30 Capoiera		

EUGENE YOGA DROP-IN SCHEDULE AT SOUTH STUDIO						
3575 Donald Street, Suite 180						
Spring 2024						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			7:30-8:30 Awaken Energy Jordan			
8:30 - 9:45 Hatha (1) Anne (Ahni)	8:30 - 9:45 Yoga Basics Brie	8:30 - 9:45 Hatha (1/2) Kim	9:00 - 10:30 Iyengar Yoga Andrea	8:30 - 9:45 Hatha (1/2) Kim	9:00 - 10:15 Strength/Balance Jennifer	8:30 - 9:45 Flow (2) Jean
10:00-11:30 Gentle Yoga Carolyn	10:00 - 11:30 Gentle Yoga Jordan	10:00-11:30 Gentle Yoga Donna		10:00-11:30 Core Awareness Donna	10:30 - 11:30 Gentle/Adaptive Jennifer	10:15-11:30 Hatha (2) Jennifer
			11:30 - 12:30 Gentle Yoga Amelia			
	12 - 1 Pilates Series Jana					12:00 - 1:15 Prenatal Jennifer
		1 - 2 Vinyasa Flow Sofia		1 - 2 Vinyasa Flow Sofia	1 - 2 Yoga Nidra Sofia	
			2:45 - 3:45 Chair Yoga Brie			
		4:30 - 5:45 Hatha Flow Sheri		4:30 - 5:45 Hatha Flow Sheri		5:00 - 6:15 Restorative Jordan
	6 - 7:15 Vinyasa Flow Jean	6:00 - 9:00 Bhakti Nidra & Sound Meditation	6:00 - 7:00 Slow Flow Kim	6:00 - 7:15 Vinyasa Flow Arielle		
		Check Schedule				