

# EUGENE YOGA SCHEDULE



= South Studio



= 5th Street Studio



= Virtual Option

## MONDAY

8:30-9:45am Hatha Yoga w/ Annie  
9:00-10:30am Iyengar Yoga w/ Andrea  
11:00-12:15pm Restorative w/ Andrea  
5:30-6:45pm VinYin Yoga w/ Laura  
6:00-7:15pm Vinyasa Flow w/ Jean

## TUESDAY

8:30-9:45am Yoga Basics w/ Brie V  
9:30-10:30am Awaken Energy w/ Jordan  
10:00-11:30am Gentle Yoga w/ Donna V  
12:00-1:00pm Strong Flow w/ Laura  
7:00-8:15 pm Sound Meditation/Yoga  
Nidra \*check schedule

## WEDNESDAY

9:00-10:15am Strength/Balance w/ Jennifer  
9:00-10:30am Iyengar Yoga w/ Andrea  
2:45-3:45pm Chair Yoga w/ Brie  
5:30-6:45pm Yoga Basics w/ Jennifer

## SUNDAY

9:00-10:00am Ashtanga Made Accessible w/Freedom  
10:00-11:30am Gentle Yoga w/ Carolyn  
5:45-6:45pm Community Class (\$10-20 cash only)

## THURSDAY

7:30-8:30am Wake Up Flow w/ Cynthia  
8:30-9:45am Hatha Yoga w/ Annie  
9:30-10:30am Yoga & Meditation w/ Chris  
10:00-11:30am Strong Bones/Core w/ Donna  
12:00-1:00pm Strong Flow w/ Laura

## FRIDAY

7:30-8:30am Awake & Align w/ Lauren  
9:00-10:30am Iyengar Yoga w/ Andrea  
9:00-10:15am Strength/Balance w/ Jennifer V  
10:30-11:30am Gentle/Adaptive w/ Jennifer  
5:30-6:30pm Friday Unwind w/ Mason

## SATURDAY

8:30-9:45am Vinyasa Flow 2 w/ Jean  
9:15-10:30am Hatha Yoga w/ Donna  
10:15-11:30am Hatha Yoga 2 w/ Jennifer V



FOR MORE CLASS INFORMATION PLEASE VISIT  
[WWW.EUGENEYOGA.US](http://WWW.EUGENEYOGA.US) 541-520-8771