

EUGENE YOGA SCHEDULE



= South Studio



= 5th Street Studio

V = 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

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

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

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

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

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

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)



FOR MORE CLASS INFORMATION PLEASE VISIT
WWW.EUGENEYOGA.US 541-520-8771