

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 Gentle Vinyasa w/ Amanda
10:00-11:30am Gentle Yoga w/ Donna
12:30-2:00 Gentle Yoga w/ Yoga Nidra
12:00-1:00pm Strong Flow w/ Laura
7:00-8:15 pm Sound Meditation/Bhakti
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
3:30-4:15pm Kids Yoga w/ Jordan & Amanda
5:30-6:30pm Sculpt & Flow w/ Lauren

SUNDAY

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

THURSDAY

8:00-9:00am 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

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
10:15-11:30am Hatha Yoga 2 w/ Jennifer V



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