

Class Schedule

Effective October 1st, 2015

Located in the ParkTowne Village Shopping Center
1730 E. Woodlawn Road, Suite E
www.charlottetoyoga.com | info@charlottetoyoga.com
704-665-9003



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-7 a.m. Hot Vinyasa Kacy Pleasants	6-7 a.m. Hot Vinyasa Bridget Zapolnik	6-7 a.m. Hot Vinyasa Kacy Pleasants	6-7 a.m. Hot Vinyasa Bridget Zapolnik	6-7 a.m. Hot Vinyasa Terrie Reeves	8-9 a.m. Hot Vinyasa Kacy Pleasants	8-9 a.m. Hot Vinyasa Lindsay Janneck
8:15-9:15 a.m. Hot Vinyasa Liz Bundon	8:15-9:15 a.m. Hot Vinyasa Melissa Hickok	8:15-9:15 a.m. Hot Vinyasa Melissa Hickok	8:15-9:15 a.m. Hot Vinyasa Rian Harris	8:15-9:15 a.m. Hot Vinyasa Liz Bundon	9:15-10:30 a.m. Hot Vinyasa Suzanne Bergen	9:15-10:30 a.m. Hot Vinyasa Melissa Hickok
9:30-10:30 a.m. Hot Vinyasa Suzanne Bergen	9:30-10:30 a.m. Hot Vinyasa Kacy Pleasants	9:30-10:30 a.m. Hot Vinyasa Suzanne Bergen	9:30-10:30 a.m. Hot Vinyasa Jennifer Busco	9:30-10:30 a.m. Hot Vinyasa Suzanne Bergen	10:45-11:45 a.m. Hot Vinyasa Rowena Hebert	10:45-11:45 a.m. Hot Vinyasa Kelly Schall
10:45-11:45 a.m. Hot Vinyasa Melissa Hickok	10:45-11:45 a.m. Hot Vinyasa Suzanne Bergen	10:45-11:45 a.m. Hot Vinyasa Ashley Hirsch	10:45-11:45 a.m. Hot Vinyasa Jaimis Huff	10:45-11:45 a.m. Hot Vinyasa Melissa Hickok	Noon-1 p.m. Hot Vinyasa Jennifer Busco	Noon-1 p.m. Hot Vinyasa Bridget Zapolnik
12:15-1:15 p.m. Karma Vinyasa Jennifer Busco	*12:15-1:15 p.m.* Karma Vinyasa Jaimis Huff	*12:15-1:15 p.m.* Karma Vinyasa Melissa Hickok	*12:15-1:15 p.m.* Karma Vinyasa Ashley Hirsch	*12:15-1:15 p.m.* Karma Vinyasa Jaimis Huff	*1:15-2:15 p.m.* Karma Vinyasa Virginia Koonce	1:15-2:15 p.m. Prenatal Bridget Zapolnik
4:30-5:30 p.m. Hot Vinyasa Rian Harris	4:30-5:30 p.m. Hot Vinyasa Melissa Hickok	4:30-5:30 p.m. Hot Vinyasa Lauren MacWhinnie	4:30-5:30 p.m. Hot Vinyasa Jennifer Busco	4:30-5:30 p.m. Hot Vinyasa Rian Harris		2:30-3:30 p.m. Beginners Vinyasa Rowena Hebert
5:45-6:45 p.m. Hot Vinyasa Rian Harris	5:45-6:45 p.m. Hot Vinyasa Jennifer Busco	5:45-6:45 p.m. Hot Vinyasa Suzanne Bergen	5:45-6:45 p.m. Hot Vinyasa Kyle Conti	5:45-6:45 p.m. Hot Vinyasa Kyle Conti	5-6 p.m. Hot Vinyasa Ashley Hirsch	4-5:30 p.m. Hot Vinyasa Suzanne Bergen
7-8 p.m. Hot Vinyasa Kyle Conti	7-8 p.m. Hot Vinyasa Jaimis Huff	7-8 p.m. Hot Vinyasa Jennifer Busco	7-8 p.m. Hot Vinyasa Jaimis Huff			5:45-7 p.m. Hot Vinyasa Kyle Conti
8:15-9:15 p.m. Karma Slow Vinyasa Jaimis Huff	*8:15-9:15 p.m.* Karma Slow Vinyasa Ashley Hirsch	*8:15-9:15 p.m.* Karma Slow Vinyasa Ashley Hirsch	*8:15-9:15 p.m.* Karma Slow Vinyasa Ashley Hirsch			7:15-8:15 p.m. Deep Stretch Ashley Masters

Hot Vinyasa: A creative and challenging flow class performed in a hot room with hands-on assists, uplifting music and messaging. Open to students of all levels.

Karma Vinyasa: A non-heated (room will be around 80 degrees) version of our hot vinyasa class available to the community for \$7 cash, \$10 credit.

Karma Slow Vinyasa: A chilled out version of our karma vinyasa class with a mix of flow and floor work. Like a flow and deep stretch class all in one.

Prenatal: Prepare for the birth of your baby, alleviate pregnancy-related discomforts and meet other expecting moms! Stretch, strengthen, focus and relax.

Beginners Vinyasa: Learn the foundations of yoga. Focus on alignment, breath and technique in a supportive environment. No yoga experience necessary.

Deep Stretch: After a short warm-up you can expect to hold poses for a longer period of time, open the body and experiment with breath-work in a heated environment.