FALL CLASS SCHEDULE

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
630AM	M60	M60	M60	M60	M60			630AM
8	SF 60	M60	MS60	M60	F60	M60	M60	8
930	M75	S60/90	SF 75		S60	SF 60	F60	930
11						S60	S60	11
1230	F60	M60	M60	F60	M60	M60	M60	1230
2		F60		M60		YW60		2
430	M60	M60	M60	M60	YM60	F60	F60	430
6	YW60	YM60	F60	S60	M60		S60	6
730	F60	M60	S60	M60	K60		SF 75	730
9PM	S60	M60 𝄞	M60	SF 60				9PM

60 (min) 75 (min) 90 (min) 𝄞 Music

M Moksha	F Flow	SSU Stretch & Unwind	YM YogaMix	MS Silent Moksha	YW Yoga with Weights	SF Slow Flow	K Karma

See full class descriptions online at:

www.mokshayogahamilton.com