

# Studio Soma



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## MONDAY

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10:30 am	Monday Morning Mommies (in development)	
12:15 pm	Nia	Crystal
4:15 pm	Kundalini Yoga (coming in October)	Megan
5:30 pm	Nia	Ahva
6:45 - 8:00 pm	Continuum Yoga	Asiana

## TUESDAY

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7:00 am	Nia	Penny
9:30 am	Caliente Zumba	Carmen
12:15 pm	Hatha Yoga	Jeremy
5:30 pm	Pilates Mat (Beg/Int)	Jessica
6:30 pm	Nia	Jessica

## WEDNESDAY

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7:30 am	Pilates Mat	Raquel
9:00 am	Nia as Movement Medicine	Ahva
4:00 pm	Kids' Latin Dance Party (ages 3-6...coming in Oct)	Raquel
5:30 pm	Nia	Crystal
6:45 - 8:15 pm	Transcendental Yoga	Jeremy

## THURSDAY

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7:00 am	Nia	Jessica
12:15 pm	Hatha Yoga	Jeremy
6:00 - 7:15 pm	"Untitled" (9/11 ONLY)	Jessica
6:00 - 7:15 pm	Vinyasa Yoga (begins 9/18)	Lori
7:30 pm	Zumba	Raquel

## FRIDAY

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9:00 am	Nia	Ahva
12:15 pm	Nia	Jessica
4:30 - 5:30 pm	Meditation	Jeremy

## SATURDAY

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9:00 am	Nia	Crystal
10:15 - 11:45 am	Vinyasa Flow Yoga	Jeremy
12:00 - 6:00 pm	Workshops and Special Events*	

## SUNDAY

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8:45 am	Kundalini Yoga	Victoria
10:15 - 11:30 am	Nia	Jessica
12:00 - 4:00 pm	Workshops and Special Events*	
5:45 pm	Vinyasa Yoga (begins 9/14)	Lori
7:00 - 9:00 pm	Dances of Universal Peace (*1st & 3rd Sundays only)	Stuart Allen Sara Rain

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