

CLASS SCHEDULE



MONDAY

9:15 am – 10:15 am Align/Flow
11:00 am – 12:00 pm Ropes + Slings
11:00 am – 12:15 pm Gentle
4:15 pm – 5:15 pm Gentle
5:45 pm – 7:00 pm Align/Flow

TUESDAY

7:30 am – 8:45 am Gentle
9:15 am – 10:15 am Align/Flow
11:00 am – 12:00 pm Slow Flow
5:45 pm – 7:15 pm Beginner Series
Pre-registration required

WEDNESDAY

7:30 am – 8:45 am Structural
9:15 am – 10:15 am Align/Flow
11:00 am – 12:00 pm Yin
4:15 pm – 5:15 pm Gentle
5:45 pm – 7:00 pm Align/Flow II

THURSDAY

9:15 am – 10:15 am Align/Flow
11:00 am – 12:15 pm Gentle
12:00 pm – 1:00 pm Ropes + Slings
4:15 pm – 5:15 pm Structural
5:45 pm – 7:00 pm Restorative

FRIDAY

7:30 am – 8:45 am Gentle
9:15 am – 10:15 am Align/Flow
4:15 pm – 5:30 pm Gentle with Meditation

SATURDAY

8:00 am – 9:30 am Gentle
10:00 am – 11:15 am Align/Flow II

SUNDAY

9:00 am – 10:15 am Align/Flow
11:00 am – 12:30 pm Yin
4:30 pm – 5:30 pm Slow Flow



Please visit us online to view our most up-to-date schedule and pre-register for classes ORLEANSYOGA.COM