



1319 Bull St. Savannah, GA 31401 | 912.232.2994 | savannahyoga.com

**Voted Savannah's Best Yoga Center 2008-2010**

## September Schedule

(O) – Orange room (B) – Blue room

### MONDAY

- (O) 10:00-11:15am Community Beginners Yoga - Olivia \$9
- (B) 10:15-11:30am Mommy & Toddlers Yoga- Betsy S.
- (B) 11:45–1:00pm Mom & Infant Yoga(pre-crawlers)- Betsy S.
- (O) 4:00-5:15pm **HOT** All Levels Flow Yoga- Stephanie
- (O) 5:30-6:45pm Dynamic Flow Yoga Level 1&2- Stephanie
- (B) 5:45-7:00pm Gentle Flow Yoga- Kelley Boyd
- (B) 7:30-8:45pm Yoga for Athletes All Levels- Dawn T.
- (O) 7:15-8:30pm **HOT** Kundalini Yoga All Levels- Christine

### TUESDAY

- (B) 7:15 -8:30am Community Gentle Flow Yoga- Olivia \$9
- (O) 8:45-10:00 Dynamic Flow All Levels Yoga- Kelley Boyd \$9
- (B) 10:15-11:30am Community Yoga All levels- Stephanie \$9
- (B) 4:00 -5:15pm Flow Yoga Level 1&2- Stephanie
- (O) 4:00 -5:15pm Yoga for Athletes All Levels- Dawn T.
- (O) 5:30-7:00pm **HOT** Ashtanga Yoga All levels- Lisa
- (B) 5:45-7:00pm Restorative Yoga- Sue
- (O) 7:15-8:30pm **HOT** Flow Yoga All levels- Betsy P.

### WEDNESDAY

- (O) 7:15 -8:15am Community Dynamic Flow Yoga- Betsy P. \$6
- (O) 8:45-10:00am Yoga Flow Level 1&2- Elizabeth
- (B) 9:15-10:30am Gentle Yoga Flow- Sue
- (B) 11:00-12:15 Community Beginners Yoga – Pamela C. \$9
- (B) 4:00-5:15pm Community Yoga All levels- Dawn S. \$9
- (B) 5:30-6:45pm Beginners Yoga- Dawn S.
- (O) 6:00-7:15pm Dynamic All Levels Yoga Flow- Kendall
- (B) 7:15-8:30pm Yin Yoga All Levels- Lauren
- (O) 7:30-8:45pm **HOT** All Levels Flow Yoga- Dawn S.

### THURSDAY

- (B) 7:15 -8:30am Community Yoga All levels- Olivia \$9
- (O) 10:15-11:30am Dynamic Flow Yoga- Stephanie
- (O) 12:00-1:15pm Yoga Flow Basics- Amanda
- (B) 4:00-5:15pm All Levels Flow Yoga- Olivia
- (O) 5:30-7:00pm Dynamic Flow Yoga All Levels- Kelley Boyd
- (B) 6:00-7:30pm Flow Yoga Basics- Kendall
- (O) 7:15-8:30pm **HOT** All Levels Flow Yoga- Stephanie

### FRIDAY

- (B) 7:15-8:15am Community Dynamic Flow- Betsy P. \$6
- (O) 9:15-10:30 Community Yoga Basics- Olivia \$9
- (B) 10:30-11:45am Yoga Flow Level I- Pam
- (O) 12:15-1:30pm All Levels Yoga Flow- Amanda
- (B) 4:00-5:15pm Community All Levels Yoga Flow- Stephanie \$9
- (O) 6:00-7:15pm **HOT** All Levels Flow Yoga- Pam G.

### SATURDAY

- (O) 9:00-10:30am **HOT** Detox Flow Yoga Level 1&2- Betsy P.
- (B) 11:00-12:30pm Yoga Flow All levels- Dawn S.
- (O) 12:45-2:00pm Beginners Yoga- Stephanie

### SUNDAY

- (B) 11:00-12:30pm Yoga Flow All levels- Stephanie
- (B) 4:30-5:30pm Community Gentle Yoga- Lauren \$6
- (O) 5:45-7:15pm **HOT** Flow Yoga All Levels- Kendall
- (B) 7:30-8:45pm Level 2 Yoga - Dawn S.

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3 blocks South of Forsyth Park

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