**SEVA YOGA WEEKLY SCHEDULE**

**Pre-Registration Required for All Classes! Register at** [**www.sevayoganh.com**](http://www.sevayoganh.com)



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| Time | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | Saturday |
| 6:30 am |  | Vinyasa Flow w/Cathy |  |  Hatha w/Cathy |  |  Vinyasa Flow w/Cathy |  |
| 8:00 am |  | Core and Morew/ Cathy |  | Balance and Morew/Cathy |  | Yoga Philosophy Book Discussion w/ Cathy |  |
| 9:00 am | Fat Blastw/Darcy | 9:30—Pilates w/Melissa A | Stability &Mobility w/Jennifer | Vinyasa Floww/Cathy | Power Yogaw/Amanda | Hatha Yoga w/chair optionw/Cathy |  |
| 10:15 am | Hatha w/Cathy |  | Hatha Yoga w/Cathy |  | Yin Yogaw/Amanda | Core and More w/Cathy |  |
| 11:15 am |  |  | 11:30-12:15S.E.A.T. w/Cathy | 11:00 PRIVATE CLASS:GREAT BAY |  |  |  |
| 12:00 pm |  |  |  |  | COMMUNITYACUPUNCTURE12:00 – 4:00 |  |  |
| 12:30 pm |  |  | PRIVATE CLASS:MONARCH |  |  |  |  |
| 4:15 pm |  | Hatha w/Emily |  |  |  Hatha w/Emily |  |  |
| 5:30pm |  |  Yin Yogaw/Emily |  Qigongw/David | Vinyasa w/ Amanda and Cathy (alternate) | Roll and Renew w/Emily | Zumba Dance Partyw/Darcy (except for last Fri) |  |

**PURPLE: INCLUDED IN MONTHLY MEMBERSHIP RED: SPECIAL RATES APPLY**

**BLACK: PRIVATE CLASSES FOR SPECIAL GROUPS**