**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 More  w/ Cathy |  | Balance and More  w/Cathy |  | Yoga Philosophy Book Discussion w/ Cathy |  |
| 9:00 am | Fat Blast  w/Darcy | 9:30—  Pilates w/Melissa A | Stability &  Mobility w/  Jennifer | Vinyasa Flow  w/Cathy | Power Yoga  w/Amanda | Hatha Yoga w/chair option  w/Cathy |  |
| 10:15 am | Hatha  w/Cathy |  | Hatha Yoga w/Cathy |  | Yin Yoga  w/Amanda | Core and More w/Cathy |  |
| 11:15 am |  |  | 11:30-12:15  S.E.A.T. w/  Cathy | 11:00 PRIVATE CLASS:  GREAT BAY |  |  |  |
| 12:00 pm |  |  |  |  | COMMUNITY  ACUPUNCTURE  12:00 – 4:00 |  |  |
| 12:30 pm |  |  | PRIVATE CLASS:  MONARCH |  |  |  |  |
| 4:15 pm |  | Hatha  w/Emily |  |  | Hatha w/Emily |  |  |
| 5:30pm |  | Yin Yoga  w/Emily | Qigong  w/David | Vinyasa w/ Amanda and Cathy (alternate) | Roll and Renew w/Emily | Zumba Dance Party  w/Darcy (except for last Fri) |  |

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

**BLACK: PRIVATE CLASSES FOR SPECIAL GROUPS**