

THE MONTGOMERY STUDIO

9510 Montgomery Road
Cincinnati, Ohio 45242

Monday

9:30 – 10:45 am, Hatha Yoga w/ Karrie
6:30 – 7:45 pm, New to Yoga w/ Pamela
8 :00 – 9:00 pm, Vinyasa Flow w/ Brooke

Tuesday

9:30 – 10:45 am, Vinyasa Flow w/ Lori
7:00 – 8:15 pm, Vinyasa Flow w/ Haley

Wednesday

9:30 – 10:45 am, Hatha with Laura
7:30 – 8:45 pm, Yin Yoga w/ Deana

Thursday

9:30 – 10:45 am, Slow Flow & Yin with Lynn
6:00 – 7:10 pm, Restorative with Vickie
7:30 – 8:45 pm, Beginner's Kundalini
Store Hours, 3 – 9 with Jaisha
Walk in for intuitive readings with Jaisha
Or make an appt. Call 513.502.9282..leave
message or text.

Friday

9:30 – 10:30 am, Vinyasa Flow w/ Lynn
1:00 – 2:30 pm, Tea with the Masters led by Patti Kessler, Love donation.
7:30 – 8:45 pm, Restorative with Sarah
Store Hours, 12:30 – 5 pm w/ Patti

Saturday

8:00 – 9:00 am, Power Yoga w/ Adam
9:30 – 10:45 am, Hatha Yoga w/ Pamela
11:00 – 12:30 pm, Master Class w/ Vickie

Sunday

9:30 – 11:30 am, Kundalini w/ Anne
5:00 – 6:15 pm, Restorative Yoga w/ Laura
Store Hours, 9 – 2 pm with Sarah

THE LEBANON STUDIO

46 East Mulberry Street
Lebanon, Ohio 45036

Monday

9:00 – 10:15, Hatha Yoga with Christy
6:30 – 7:15 pm, Gentle Yoga w/ Kris

Tuesday

7:30 – 8:30 am, Morning Flow w/ Melissa
9:00 – 10:15 am, Yin Yoga w/ Christy
6:30 – 7:45 pm, Hatha Yoga w/ Timmiera

Wednesday

9:00 – 10:15 am, Gentle Yoga w/ Christy
6:30 – 7:45 pm, Restorative w/ Haley

Thursday

9:30 – 10:45 am, Gentle Yoga w/ Angela
6:30 – 7:45 pm, Vinyasa w/ Timmiera

Friday

9:00 – 10:15 am, Hatha Yoga w/ Melissa
6:30 – 7:30 pm, Happy Hour Yoga, 4th
Fridays.....next....April 24th

Saturday

9:00 – 10:15 am, Vinyasa Flow
w/ Timmiera
11:00 – 12:00 pm, Community Yoga
Appropriate for those NEW To Yoga.
Donations of \$5 - \$10 or use your class
passes. Unlimited passes not accepted.

Sunday

9:00 – 10:15 am, Gentle Yoga w/ Timmiera
& Kelly
12:30 – 1:45, Full Figured Yoga begins
July 12th, 5 week series, \$67
5:00 – 6:15 pm, Yin Yoga w/ Melissa

The Symmes Studio

11928 Montgomery Road
Symmes, Ohio 45249

Monday

9:00 am Vinyasa w/ Lynn
6:30 – 7:45 pm, Gentle flow w/ Werner
7:30 – 8:45 pm, Gentle flow & Yin w/ Deana
2:00 – 7:00 pm, *Store hours with Elliott*

Tuesday

7:30 – 8:30 am, Hot Vinyasa Flow w/ Lori
9:30 – 10:35 am, Hatha Yoga w/ Sue
6:30 – 7:45 pm, Gentle Flow w/ Sandy
8:00 – 9:00 pm, Hot flow w/ Brooke
12:00 – 7:00 pm, *store hours with Sarah*

Wednesday

9:30 – 11:00 am, Hatha Flow w/ Vickie
6:30 – 7:45 pm, Vinyasa flow & Meditation w/ Jen
8:00 – 9:00 pm, Beginner Hot Yoga (warm)
12:00 – 7:00 pm, *store hours with Sarah*

Thursday

7:30 – 8:30 am, Hot Vinyasa Flow w/ Lori
9:30 – 10:45 am, Vinyasa flow w/ Lori
6:15 – 7:30 pm, Urban Zen w/ Megan
7:45– 8:45 pm, Hot flow w/ Vanessa
2:00 – 7:00 pm, *Store hours w/ Elliott*

Friday

9:00 – 10:15 am, Vinyasa flow w/ Vanessa

Saturday

9:00 – 10:15 am, Hot flow w/ Lori
10:30 – 11:45 am, Vinyasa Flow w/ Brooke
11:00 – 12:15 pm, Urban Zen w/ Megan

Sunday

9:30 – 10:45 am, Vinyasa & Meditation w/ Jen
11:00 – 12:15 pm, New to Yoga w/ Lorraine
5:00 – 6:15 pm, Urban Zen w/ Megan
6:30 – 7:45 pm, Hot Flow w/ Vanessa

How to Meditate with Pamela Quinn, Saturday,
June 20th from 1 – 3 “ish”, \$47

India 2016 Planning meeting, Wednesday,
June 24th at 7:30 pm in the Unwind studio.