

SIMPLY YOGA at Eagleview
Class Schedule

Name	Day	Start	End	Teacher	Facility
Vinyasa Flow	Monday	9:00 AM	10:15 AM	Asha Sahijwani	Simply Yoga
Forrest Yoga - All levels	Monday	6:00 PM	7:30 PM	Debra Hess	Simply Yoga
New to Yoga	Monday	7:45 PM	9:00 PM	Kristin Roosevelt Linda Lurcott	Simply Yoga
Yoga & Meditation	Tuesday	9:30 AM	11:00 AM	Mimi Liberi	Simply Yoga
New to Yoga	Tuesday	6:15 PM	7:30 PM	Danielle Anastasi	Simply Yoga
Yoga & Meditation	Tuesday	7:45 PM	9:00 PM	Jillian Fragale	Simply Yoga
Forrest Yoga - All levels	Wednesday	9:00 AM	10:15 AM	Debra Hess	Simply Yoga
Restorative Yoga	Wednesday	10:45 AM	12:00 PM	Katie Tandon	Simply Yoga
Lunchtime	Wednesday	12:00 PM	1:00 PM	Katie Tandon	Simply Yoga
Forrest Yoga - All levels	Wednesday	6:15 PM	7:30 PM	Debra Hess	Simply Yoga
Meditation	Wednesday	7:45 PM	9:00 PM	Debra Hess	Simply Yoga
Forrest Yoga - All levels	Thursday	6:15 PM	7:30 PM	Jessica Weaver	Simply Yoga
Forrest Yoga - All levels	Friday	9:30 AM	10:45 AM	Debra Hess	Simply Yoga
Kundalini	Saturday	9:00 AM	10:15 AM	Debra Hess	Simply Yoga
Forrest Yoga - All levels	Saturday	10:30 AM	11:45 AM	Debra Hess Jillian Fragale	Simply Yoga
Restorative Yoga	Sunday	9:00 AM	10:15 AM	Katie Tandon	Simply Yoga
Classical Yoga	Sunday	12:00 PM	1:15 PM	Dawn Mehan	Simply Yoga