

Sunday				Monday				Tuesday				Wednesday				Thursday				Friday				Saturday											
7:30																																			
8:00								8:00	Laurel Manor	Yoga	1:00	8:00	Seabreeze	Yoga	1:15	8:00	Mulberry	ChairYoga	1:00	8:00	Seabreeze	Yoga	1:15												
8:30								8:30	Lake Miona	Hatha / Vinyasa	1:15	8:15	ZOOM	Hatha	1:20	8:30	Big Cypress	Warrior Yoga	1:00					9:00	Lake Miona	Vinyasa	1:00	9:00	SeaBreeze	Yoga on a Ball	1:15				
9:00								9:00	Trillium	Yoga 4 All	1:00													9:00	Burnsed	Hatha	1:15	9:00	Eisenhower	Hatha 1	1:00				
9:30								9:30	Big Cyprus	Yoga	1:00													9:30	Captiva	Begin+	1:15								
10:00								9:30	Riverbend	Yoga (Int)	1:15					10:00	Bacall	Healthy Backs	1:15	10:30	LaHacienda	All Level Yoga	1:00	10:30	Chatham	Hatha	1:15								
10:30																								10:30	Lake Miona	Yoga Nidra	1:00	10:30	FirstResponders	Hatha	1:15				
11:00	10:30	Fenney	Yoga (Int)	1:15								11:00	Eisenhower	Ashtanga	1:15									11:00	Odell	Adaptive Chair Yoga	1:15	11:00	Manatee	Healthy Backs	1:15	11:00	Eisenhower	Hatha 2	1:15
11:30	11:30	Aviary	Hatha	1:00	11:30	Chatham	Raja Yoga	1:15																12:00	ZOOM	Gentle Yoga	1:00								
12:00					12:00	Bradenton	Gentle Yoga	1:15								12:00	Savannah	Easy Yoga	1:00	12:00	Ezell	Yoga	1:00												
12:30					12:00	Ezell	Yoga-4-U Chair Routines	1:00												12:30	Water Lily	Yoga / Chair Yoga	1:00												
1:00	1:00	Burnsed	Beginner+	:50																				1:00	Saluki	Chair Yoga	1:00								
1:30					1:30	Sterling Heights	Hatha Inermediate	1:30																2:00	Water Lily	Hatha	1:15	1:30	Sterling Heights	Hatha	1:30	1:30	Chula Vista	Yoga/Yoga Nidra	1:15
2:00	2:00	Burnsed	Chair Yoga	:50																2:00	Canal Street	Release the Back	1:15												
2:30												2:30	La Hacienda	Gentle Yoga	1:15	2:30	Moyer	Yin Yoga & Balance	1:15																
3:00																3:00	Saluki	Chair Yoga Poses	1:00																
3:30												3:30	Lake Miona	Happy Hatha	1:15																				
4:00	4:00	Mulberry	Yoga w/	1:00												4:00	Everglades	Hatha 101	1:15																
4:30												4:30	Eisenhower	Hatha/Vinyasa	1:30																				
5:00	5:00	Manatee	Yin	1:15	5:00	San Tropez	Yin Yoga	1:15	5:00	Burnsed	Yin Yoga	1:15																							
5:30					6:00	Ezell	Hatha	1:15																											
6:00					6:00	Lake Okahumpka	Yoga	1:15																											