



COMMON PEOPLE YOGA

- SALEM, OR -

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM HOT VINYASA	6AM HOT VINYASA	6AM HOT VINYASA	6AM HOT VINYASA	6AM HOT VINYASA	8AM HATHA	8AM 26+2
10:30AM ADAPTIVE YOGA <i>+LIVESTREAM</i>	7:30AM HOT POWER YOGA	7:30AM <i>LIVESTREAM</i> MEDITATION	10:30AM ADAPTIVE YOGA <i>+LIVESTREAM</i>	12PM HOT VINYASA	8:30AM HOT VINYASA	9AM YIN
12:10PM <i>LIVESTREAM</i> PILATES	10:30AM ADAPTIVE YOGA <i>+LIVESTREAM</i>	10:30AM ADAPTIVE YOGA <i>+LIVESTREAM</i>	12:00PM MOMMY + ME	12:10PM <i>LIVESTREAM</i> FOAM ROLLER FRIDAY	9:45AM THERAPEUTIC YOGA	10AM HOT VINYASA
4:45PM HOT VINYASA	4:45PM GENTLE FLOW	12:10PM <i>LIVESTREAM</i> PILATES	4:30PM HOT YOGA SCULPT	5:30PM \$5 FRIDAY YOGA		4PM COMMUNITY YOGA
6PM 26 + 2	6PM YIN <hr/> HOT VINYASA	5:30PM BEGINNING/ GENTLE YOGA <i>+LIVESTREAM</i>	5:30PM VINYASA	6PM 26 + 2		6PM RESTORATIVE YOGA
		6PM 26 + 2	6:30PM HOT FLOW	7:30PM PEACEFUL HEART KIRTAN MEDITATION		