

**Sol Full Yoga**  
**101 Carpenter Pl**  
**Monroe, NY 10950**  
**845.827.6220**



**2017-2018**

*solfullyyoga.com*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15am-9:15am Strong Flow w/ Michaela			9:15am-9:45am Intro to Meditation w/ Arlene			9:15am-10:15am Strong Flow (Lev2&3 heated) w/ Marina
9:30am-10:30am Warm Flow (Lev2 heated) w/ Sara/Janesa	9:30am-10:30am Barre w/ Michelle	9:30am-10:30am Pilates w/ Sharon	9:45am-10:45am Sol Full Flow (All Levels) w/ Arlene	9:30am-10:30am Shining Sol (Lev2) w/ Gina	9:30am-10:30am Strong Flow (Lev2&3 heated) w/ Arlene	10:30am-11:45am Jiva Flow (Lev2 heated) w/ Marion/Arlene
11am-12am Barre w/ Michelle	10:45am-12pm Gentle Sol (Lev1&2) w/ Andrea	10:45am-12pm Sol Full Flow (All Levels) w/ Sharon	11am-12am Gentle Restorative w/ Arlene	11am-12am Gentle Sol w/ Margaret	11am-12:15am Gentle Sol (Lev1&2) w/ Arlene	
12:15pm-1:30pm Restorative w/ Bernadette	12:15pm-1:15pm Chair Yoga w/ Margaret	12:30pm-1:30pm Warm Your Sol (Lev1&2) w/ Kyla		12:30pm-1:30pm Warm Sultry Flow (Lev2) w/ Kyla	12:15pm-1:15pm Pilates Fusion w/ Kathy	12:15pm-1:15pm Beginners Sol (Lev1) w/ Marion/Gabby
4pm-5pm Pre-Natal w/ Arlene					6pm-7:15pm 1st Friday of the Month Candlelit Yin w/Katy	
	6:15pm-7:15pm Warm Yoga for Beginners (Lev1) w/ Margaret	6:15pm-7:15pm Sol Ful Flow (All Levels) w/ Gabby	6:15pm-7:15pm Gentle Sol (Lev1) w/ Sarah	6:15pm-7:15pm Warm Your Sol (Lev1&2) w/ Katy	Last Friday of the Month Gentle Restorative w/Arlene	
	7:30pm-8:45pm Strong Flow (Lev2&3 heated) w/ Marina	7:30pm-8:45pm Yin Yoga (All Levels) w/ Katy	7:30pm-8:45pm Sol Full Flow (All Levels) w/ Kelly	7:30pm-8:45pm Strong Flow (Lev2&3 heated) w/ Janesa		