

Current as of 9-1-16



**SOL FULL YOGA**  
101 Carpenter Place, Monroe, New York 10950  
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solfullyyoga.com

## Fall Schedule 2016

\* HOT OR WARM CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		8:30AM Meditation Yoga Wisdom w/Trish	7:00AM Wake Your Sol w/Marina		8:00AM* Hot Strong Flow	8:00AM* Hot Strong Flow w/Bryan
9:30AM Soaring Sol w/Arlene	9:30AM Sol Full Pilates w/Sharon	9:45AM Sol Full Flow w/Arlene	9:30AM* Warm Jiva Flow w/Marion	9:30AM* Strong Sol Flow w/Arlene	9:30AM Warm Your Sol* w/Marina	9:30AM* Warm Your Sol w/Gina
10:45AM Gentle Sol w/Jennifer	10:45AM Sol Full Flow w/Andrea	11:00AM Gentle Restorative w/Arlene		11:00AM Gentle Sol w/Arlene	11:00AM Beginner Sol w/Sue	11:00AM Restore Your Sol w/Bernadette
	12:30PM* Warm Your Sol w/Kyla		12:30PM* Hot Sol Revival w/Kyla	12:15PM Pilates Fusion w/Kathy	12:15-12:45PM Meditation w/Katy	
4:30PM Sol Full Flow w/Margaret		4:30PM Ashtanga w/Gabby				4:30PM Sol Full Flow w/Sara
6:15PM* Beginner Warm w/Kelly	6:15PM Sol Full Flow w/Kyla	6:15PM Gentle Sol w/Kelly	6:15PM* Warm Your Sol w/Trish			
7:30PM* Hot Strong Flow w/Arlene-Christine	7:30PM Yin Yoga w/Trish	7:30PM Sol Full Flow w/Sue	7:30PM* Hot Strong Flow w/Janesa	1ST FRIDAY OF THE MONTH 6:00PM-7:15PM Candle Light Yin Yoga w/Christine		

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