

Sol Full Yoga
101 Carpenter Pl
Monroe, NY 10950
845.827.6220



HOT YOGA
SCHEDULE

solfullyyoga.com

MON	TUES	WED	THUR	FRI	SAT	SUN
					8am-9:15am Ashtanga with Chris <small>(all levels)</small>	
9:30am-10:30am Warm Your Sol with Meg <small>(all levels)</small>	9:15am-10:30am Yoga & Journaling with Sarah	9:15am-10:15am Strong Flow with Marina <small>(level 2/3)</small>	9:30am-10:45am Shining Sol with Gina <small>(level 2)</small>	9:30am-10:30am Strong Flow with Arlene <small>(level 2/3)</small>	9:30am-10:30am Strong Flow with Marina <small>(level 2/3)</small>	9:45am-10:45am Strong Flow with Janesa <small>(level 2/3)</small>
11am-12pm Soaring Sol with Arlene	12pm-1pm Warm Your Sol with Arlene <small>(all levels)</small>			10:45am-12pm Warm Soltry Flow with Katy	11:15am-12:15pm Warm Yoga for Beginners with Gabby	
	5:30pm-6:30pm Strong Flow with Katy <small>(level 2/3)</small>	5:30pm-6:30pm Warm Your Sol with Jessica <small>*parent & child option</small>	2:30pm-3:30pm *Teen Yoga with Katy <small>(ages 13 & up)</small>	<i>For bus schedule info check the class description, our website, or our app</i>		4pm-5pm Hatha Yoga with Rae <small>(level 1)</small>
6:15pm-7:15pm Warm Yoga for Beginners with Margaret		6:45pm-7:45pm Warm Your Sol with Kelly <small>(all levels)</small>	6:15pm-7:15pm Warm Your Sol with Katy <small>(all levels)</small>			
7:30pm-8:45pm Strong Flow with Marina <small>(level 2/3)</small>	7pm-8pm Warm Soltry Flow with Sara	8pm-8:30pm *Beg. Guided Meditation with Naomi	7:30pm-8:45pm Strong Flow with Janesa <small>(level 2/3)</small>			

* Donation Based Class

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NON-HEATED
SCHEDULE

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MON	TUES	WED	THUR	FRI	SAT	SUN
		7:30am-8:30am Beginner Sol with Matt		7:15am-8:15am Yin & Meditation with Katy		8:45am-9:45am Restorative with Bernadette
9:30am-10:30am Anti Gravity <small>coming soon</small>	9:30am-10:30am Pilates with Sharon	9:45am-10:45am Sol Full Flow with Arlene <small>(all levels)</small>	9:45am-10:45am Aerial Core Conditioning with Janalee	9:15am-10:15am Pilates with Sharon	9:30am-10:30am Restorative Aerial Yoga <small>coming soon</small>	10am-11am Aerial All Levels with Michaela
10:45am-12pm Sol Full Flow with Andrea <small>(all levels)</small>	10:45am-12pm Gentle Sol with Sharon <small>(all levels)</small>	11am-12pm Gentle Restorative with Arlene	11am-12pm Kundalini with Jen <small>(all levels)</small>	10:30am-11:30am Barre with Michelle	10:45am-11:45am Gentle Sol & Meditation with Katy	11:15am-12:15pm Barre with Michelle
12:30pm-1:30pm Chair Yoga with Arlene	5pm-6pm Kids Aerial with Michaela <small>(ages 6-12)</small>	5:30pm-6:30pm Kids Yoga with Sarah <small>(ages 6-12)</small>		11:45am-1pm Gentle Sol with Arlene <small>(all levels)</small>	12pm-1pm Intro to Aerial Silks with Michaela	3:30pm-4:30pm Family Yoga with Sarah & Kelly <small>**check online schedule for dates of series</small>
	6:15pm-7:15pm Sol Full Flow with Gabby <small>(all levels)</small>	6:45pm-7:45pm Aerial Core Conditioning with Janalee	5:30pm-6:30pm Gentle Restorative with Margaret	FRIDAY SPECIALS		5:15pm-6:15pm Pre-Natal Yoga with Arlene
7pm-8:15pm Kundalini with Jen <small>(all levels)</small>	7:30pm-8:45pm Yin Yoga with Katy <small>(all levels)</small>	8pm-9pm Power Hour with Janesa <small>(level 2/3)</small>	7pm-8pm Pilates with Kathy	6pm-7:15pm <i>First Friday of the Month</i> Candlelit Yin Yoga with Katy	6:30pm-8:30pm <i>Last Friday of the Month</i> Candlelit Reiki & Restorative with Margaret	<small>**check online schedule for dates of series</small>