



SHORT NORTH

JANUARY OPEN CLASS SCHEDULE - SHORT NORTH

	ASHTANGA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
🌀	Ashtanga Mysore Beginner Drop-in	7:00a Stella	7:00a Correna	7:00a Stella	7:00a Correna			10:00a Tom
🌀	Ashtanga Mysore - All Levels	5:00a* Linda	5:00a* Linda 5:30p Tom	5:00a* Linda	5:00a* Linda 5:30p Karen			8:00a Tom
	Ashtanga Half Primary - Level 1 & 2	5:45p Tom		7:30p Adam (TTI) 🌀		5:45p Tom	12:00p Gail	
	Ashtanga Primary Series - Level 2					6:00a Linda		
HATHA								
🌀	Hatha Beginner Drop-in							5:00p Liz
	Level 1		5:45p Marcy R (TTI)					
	Level 1 & 2	9:30a Adam 7:30p Gail L.			9:30a Marcia	4:00p Tom	10:30a Leanne	
	Level 2		9:30a Tom					
	Level 2 & 3			5:45p Marcia			10:15a Gail	
VINYASA								
🌀	Vinyasa Beginner Drop-in						9:00a Stella	5:00p Brittny
	Hot Flow Level 1 & 2	6:30a Joanna 12:00p Lara 6:00p Anne	5:45p Julie K	12:00p Lara	6:00p Lara	6:30a Nicole 4:30p Jeremy	10:00a Sally 2:00p Anne	
	Hot Flow Level 2							
	Hot Flow Level 2 & 3	7:15p Sally		7:30p Sally				
	Slow Burn Level 1 & 2					9:30a Jasmine		
	Sekoia Level 1 & 2		7:15p Karine	6:30a Marisa B	7:45p Amy			10:15a Michele V
SPECIALTY								
	Deep Release		12:00p Amy			6:00p Jacquie	8:45a Meredith	6:45p Amy
🌀	Kundalini							12:00p Sada Nam
	Ashtanga Pranayama		7:00a Adam 🌀					
🌀	iRest Yoga Nidra Meditation ✂			12:00p Michele ✂		8:15a Jasmine ✂		
🌀	Community Class		4:00p Danielle (Vinyasa)			3:00p Katie (Slow Flow)		
🌀	Big Asana		7:30p Michele W (TTI)					
🌀	Urban Zen	1:00p Jenn G		7:30p Lori B				
🌀	Restorative					5:45p Jenn G		
🌀	Buti Yoga				7:30p Victoria			
🌀	Kids Yoga (Ages 6 - 11)							10:15a Kristin
AERIAL (TTI) Pre-Registration Only. Aerial classes are included in Unlimited Membership or require premium class pass. Please see web for details.								
🌀	Beginner			5:45p Stella 🌀				
	Level 1							6:15p Rachel 🌀
	Level 2							7:30p Rachel 🌀
	Sekoia Aerial Level 1	9:30a Dale Ann 🌀						

🌀 Suitable for those new to yoga *Students may arrive from 5:00a to 6:30a **Donation Class ✂ \$5 Karma Class 🌀 Pre-registration Required; No Drop-ins. (TTI) Teacher Training Institute, 1020 Dennison Ave., Suite 201, Columbus 🌀 Late Start, Check Web for details

To reserve your spot in class, please pre-register before arriving at our studio. Download the free Yoga on High APP. Drop-ins welcomed as space is available. Schedule, Workshops and Series are subject to change, check yogaonhigh.com for most up-to-date class schedule information.



GRANDVIEW

JANUARY OPEN CLASS SCHEDULE - GRANDVIEW

VINYASA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
🌀 Vinyasa Beginner Drop-in			6:00p Erin				
Hot Flow Level 1		6:00a Jeremy					
⚙️ Hot Flow Level 1 & 2		12:00p Anne	7:30p Erin	6:00a Teresa 9:30a Erin 7:30p Brittny	12:00p Lara 6:00p Sally	8:30a Jeremy	6:00p Sally
⚙️ Hot Flow Level 2		7:30p Sally					
Slow Flow Level 1 & 2	9:30a Cara	4:30p Abby	9:30a Cara		9:30a Anne	11:45a Amy	11:00a Patti (sub)
SEKOIA							
Sekoia Level 1 & 2	6:15p Meredith						
Sekoia for Men Level 1 & 2							7:45p Daniel & Jake
HATHA							
🌀 Hatha Beginner Drop-in							2:00p Holly
Hatha Level 1 & 2		6:00p Holly		6:00p Leanne			
ASHTANGA							
⚙️ Half Primary Level 1 & 2						10:00a Anne	
SPECIALTY							
Deep Release				12:00p Amy			
🌀 Yoga for Healing			4:00 Patti**				
WORKSHOPS & SERIES (Additional Cost and Pre-Registration Required)							
Check Web for upcoming Workshops & Series							

🌀 Suitable for those new to yoga ⚙️ Heated Class **Free Class 🕒 Late Start

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