



FEBRUARY OPEN CLASS SCHEDULE

Please check yogaonhigh.com for most up-to-date class schedule information.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ASHTANGA	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Ashtanga Beginner Drop-in						12:00p Stella	
Ashtanga Mysore Beginner Drop-in	7:00a Correna	7:00a Correna	7:00a Correna	7:00a Correna			10:00a Tom
Ashtanga Mysore - All Levels	5:00a* Linda	5:00a* Linda 5:30p Tom (TTI)	5:00a* Linda	5:00a* Linda 5:30p Karen			8:00a Tom
Ashtanga Half Primary - Level 1 & 2	5:45p Jerry		7:30p Julia		5:45p Tom		
Ashtanga Primary Series - Level 2			7:30p Michelle F		6:00a Jerry	12:00p Gail	
HATHA							
Hatha Beginner Drop-in				7:30p Lee		10:30a Alicia	
Level 1		5:45p Angela				8:45a Mary Ellen	
Level 1 & 2	7:30p Gail L.		9:30a Jodi	12:00p Stacey	4:00p Tom		5:00p Martha S
Level 2		9:30a Tom					
Level 2 & 3			5:45p Marcia			10:15a Gail	
VINYASA							
Vinyasa Beginner Drop-in							5:00p Stella
Hot Flow Level 1		1:00p Janet					
Hot Flow Level 1 & 2	6:30a Michael		6:30a Michael 12:00p Lara	4:00p Julie K	6:30a Michael 4:30p Velma	2:00p Anne	10:30a Michele V
Hot Flow Level 2 & 3	7:45p Sally		7:45p Sally				
Hot Fusion Level 1 & 2	12:00p Lara 6:00p Anne	9:30a Lara 5:45p Julie K		6:00p Lara			
Hot Fusion Level 2						10:15a Michael	
Slow Burn Level 1 & 2					9:30a Jasmine		
SPECIALTY							
Sekola Level 1 & 2		7:45p Karine	6:00p Amy	9:45a Michele		8:30a Alissa M	6:30p Karine
Deep Release		12:00p Amy			6:00p Kathy		6:45p Amy
Kundalini	5:45p Sada Nam						12:00p Sada Nam
Community Class		4:15p Karine (Healing Yoga)**			3:00p Nicole/Kate**		
Big Asana		7:30p Michele W					
Urban Zen	1:00p Lori B		7:30p Lori B				
Restorative					5:45p Jenn G		
iRest/Meditation			12:00p Stella	iRest	8:15a Jasmine	8:00a Alissa M** Meditation	11:45a Michele
Kids Yoga						2:00p Julie S	
Pilates				4:00p Lee K			
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	9:30a Dale Anne			7:00a Rachel			6:15p Rachel
Level 2							7:30p Rachel
ALL LIFE CENTER - POWELL Please see web for details.							
Slow Burn Vinyasa Level 1 & 2	9:30a Marcy		7:00p Marcy				

Suitable for those new to yoga Students may arrive from 5:00a to 6:30a **Donation Class \$5 Karma Class Pre-registration Required (TTI) Teacher Training Institute, 1020 Dennison Ave., Suite 201, Columbus Late Start, Check Web for details