

Santosh Yoga

48774 Gratiot Ave. Chesterfield, MI 48051
586.949.5515



Class Schedule

Revised: May 4, 2012

Time	Class	Teacher	Notes
Monday			
10:00 - 11:00 AM	Basic I	Jean	
5:45 - 6:45 PM	Basic I	Jean	
7:00 - 8:00 PM	Slow Flow	Christie	
8:15 - 9:15 PM	Hot Yoga Vinyasa Flow	Christie	
Tuesday			
10:00 - 11:00 PM	Mixed Levels	Christie	
5:45 - 6:45 PM	Yoga/Pilates Fusion	Debbie K.	
7:00 - 8:00 PM	Vinyasa Flow	Theresa	
8:15 - 9:15 PM	Slow Flow	Theresa	
Wednesday			
8:30 - 9:30 AM	Teacher's Choice	Meaghan	All levels of students
10:00 - 11:00 AM	Mixed Levels	Meaghan	
5:45 - 6:45 PM	Basic I	Jean	
7:00 - 8:00 PM	Slow Flow	Courtney	
8:15 - 9:30 PM	Vin/Yin	Courtney	
Thursday			
10:00 - 11:00 AM	Mixed Levels	Theresa	
5:45 - 6:45 PM	Hot Yoga Vinyasa Flow	Debbie K.	<i>New Class Starts May 10, 2012</i>
7:00 - 8:00 PM	Vinyasa Flow	Theresa	
8:15 - 9:15 PM	Slow Flow	Theresa	
Friday			
10:00 - 11:00 AM	Mixed Levels	Courtney	
5:45 - 7:00 PM	Yin Yoga	Jean	1st & 3rd Fridays
5:45 - 7:00 PM	Restorative Yoga	Jean	2nd & 4th Fridays
Saturday			
7:30 - 8:30 AM	Hot Yoga Vinyasa Flow	Grace	
8:45 - 9:45 AM	Vinyasa Flow	Theresa	
10:00 - 11:00 AM	Mixed Levels	Theresa	
11:15 - 12:15 PM	Karma Yoga Basic	Guest Teachers	1st & 3rd Last class May 19
11:15 - 12:00 PM	Kids Yoga	Meaghan or Grace	2nd & 4th Last class May 12 till FALL
Sunday			
8:45 - 9:45 AM	Mixed Levels	Debbie J	
10:00 - 11:00 AM	Basic I	Jean	