



1/24/2025

Winter Schedule

www.binghamtonyoga.com

● — Easy

● — Moderate

● — Active

Sunday

8:30 - 9:45 am

Therapeutic Yoga with Linda

● —

10:00 - 11:15 am

Yoga & Meditation with Emily

● —

4:00 - 5:15 pm

YinYasa with Melissa

● —

Monday

9:30 - 10:45 am

Therapeutic Yoga with Linda

● —

5:15 - 6:30 pm

Align & Flow with Jason

— ●

Tuesday

9:30 - 10:45 am

Align & Flow with Emily

— ●

11:15 am - 12:15 pm

Gentle Hour with Emily

● —

5:30 - 6:45 pm

Flow Yoga with Melissa

— ●

7:00 - 8:15 pm

Restore with Michele

● —

Wednesday

9:30 - 10:45 am

Restore Yoga with Emily

● —

5:15 - 6:30 pm

Yoga & Meditation with Jessica

— ●

Thursday

9:30 - 10:45 am

Yoga & Meditation with Emily

— ●

11:15 am - 12:15 pm

Gentle Hour with Emily

● —

Friday

9:30 - 10:45 am

Align & Flow with Jason

— ●

5:15 - 6:30 pm

YinYasa with Michele

— ●

Saturday

8:30 - 9:45 am

Align & Flow with Emily

— ●

