

1/9/2025

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

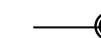
9:30 - 10:45 am

Therapeutic Yoga with Linda



5:15 - 6:30 pm

Align & Flow with Jason



Tuesday

9:30 - 10:45 am

Align & Flow with Emily



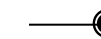
11:15 am - 12:15 pm

Gentle Hour with Emily



5:30 - 6:45 pm

Flow Yoga with Melissa



7:00 - 8:15 pm

Restore with Michele



Wednesday

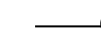
9:30 - 10:45 am

Restore Yoga with Emily



5:15 - 6:30 pm

Yoga & Meditation with Jessica



Thursday

9:30 - 10:45 am

Yoga & Meditation with Emily



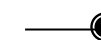
11:15 am - 12:15 pm

Gentle Hour with Emily



5:30 - 6:45 pm

Align & Flow with Matthew



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

