

# Invoke Studio Yoga & Pilates

Spring Class Schedule

May 1- August 31

<b>Mondays</b>	<b>Class</b>	<b>Teacher</b>
12:00-1:00pm	Pilates mat	Andrea Bergeman
12:00-1:00pm	Vinyasa yoga (open)	Eric Bryant
5:30-6:45pm	Vinyasa yoga (int/adv) <b>HEATED</b>	Amy Peddycord
5:45-6:45pm	Pilates mat	Molly Tittle
7:00-8:15pm	Pilates mat-back to basics	Nicole Schoville
7:00-8:15pm	Vinyasa yoga- basics	Sage Hales
<b>Tuesdays</b>	<b>Class</b>	<b>Teacher</b>
6:30-7:30am	Pilates Mat	Molly Chavers
12:00-1:00pm	Vinyasa yoga (open)	Erin Morgan
5:30-6:45pm	Vinyasa yoga (int/adv) <b>HEATED</b>	Erin Morgan
5:45-6:45pm	Pilates mat	Melissa Keating
7:00-8:15pm	Vinyasa yoga (open) <b>HEATED</b>	Ahna Hoke
7:00-8:00pm	Community Pilates \$5	Amy Peddycord
<b>Wednesdays</b>	<b>Class</b>	<b>Teacher</b>
9:00-10:00am	Community Yoga \$5	Laura Henderson
12:00-1:00pm	Pilates mat	Molly Chavers
4:30-5:30pm	Community Yoga \$5 (open)	Laura Haehl
5:30-6:45pm	Vinyasa yoga (int/adv) <b>HEATED</b>	Eric Bryant
5:45-6:45pm	Pilates mat	Melissa Keating
7:00-8:15pm	Intro to Yoga workshop	Amy Peddycord
7:00-8:15pm	Vinyasa yoga (open) <b>HEATED</b>	Eric Bryant
<b>Thursdays</b>	<b>Class</b>	<b>Teacher</b>
6:30-7:30am	Pilates mat	Amy Peddycord
12:00-1:00pm	Vinyasa yoga (open)	Erin Morgan
5:30-6:45pm	Vinyasa yoga (int/adv) <b>HEATED</b>	Laura Henderson
5:45-6:45pm	Pilates mat	Nicole Schoville
7:00-8:15pm	Vinyasa yoga (open)	Sage Hales
7:00-8:00pm	Pilates mat	Nicole Schoville
<b>Fridays</b>	<b>Class</b>	<b>Teacher</b>
9:00-10:00am	Community Yoga \$5	Laura Henderson
12:00-1:00pm	Pilates mat	Andrea Bergeman
5:30-6:45pm	Vinyasa yoga(open) <b>HEATED</b>	Laura Haehl
5:45-7:00pm	Various workshops	Various teachers
<b>Saturdays</b>	<b>Class</b>	<b>Teacher</b>
9:00 am-10:00 am	Pilates mat	Stephanie Kirkpatrick
10:00am-12:00pm	Vinyasa yoga 2 hr intensive (adv) <b>HEATED</b>	Eric Bryant
12:30-1:30pm	Pilates mat	Andrea Bergeman
12:30-1:45pm	Vinyasa yoga- basics. First Saturday of the month FREE	Ahna Hoke
<b>Sundays</b>	<b>Class</b>	<b>Teacher</b>
10:00-11:15am	Vinyasa yoga (open) <b>HEATED</b>	Laura Haehl
4:30-5:45pm	Community Yoga \$5 <b>HEATED</b>	Erin Morgan
5:00-6:00pm	Pilates mat	Nicole Schoville
6:00-7:00pm	Yoga-Pilates <b>HEATED</b>	Amy Peddycord