

Class Schedule - Fall 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		7:00am – 8:00am CFY VINYASA FLOW ALL LEVELS ♪ Pia Kamonsit		7:00am – 8:00am CFY VINYASA FLOW ALL LEVELS ♪ Pia Kamonsit		
		8:00am – 8:50am CFY SCULPT - ALL LEVELS Eduardo Duran *Beginning 10/5				
8:30am – 9:45am CFY 2 ♪ Ekaette Ekong	8:30am – 9:30am CFY VINYASA FLOW ALL LEVELS ♪ Klara Bella	8:30am – 9:45am CFY 2 ♪ Ekaette Ekong	8:30am – 9:30am CFY VINYASA FLOW ALL LEVELS ♪ Klara Bella			8:30am – 9:45am CFY-ALL LEVELS ♪ Ashley Platz
9:00am – 10:15am VinYin Elisa Barretta		9:00am – 10:15am VinYin Elisa Barretta		9:00am – 10:15am CFY 1/2 Elisa Barretta	9:00am – 10:15am CFY 1/2 Mollie Johnson	9:00am – 10:15am CFY 1/2 Mollie Johnson
10:00am – 11:15am VINYASA FLOW 2/3 ♪ Grace Huang-Otto	10:30am – 11:45am CFY 1/2 ♪ Lillian Jacobs	10:00am – 11:15am VINYASA FLOW 2/3 ♪ Grace Huang-Otto	10:30am – 11:45am CFY 1/2 ♪ Clio Manuelian	10:00am – 11:15am VINYASA FLOW 2/3 ♪ Grace Huang-Otto	10:00am – 11:30am VINYASA FLOW 2/3 ♪ Jeanne Heileman *Beginning 10/15	10:00am – 11:30am VINYASA FLOW 2/3 ♪ Joe Kara
	11:00am – 12:15pm IYENGAR ALL LEVELS Chigusa Saga		11:00am – 12:15pm IYENGAR ALL LEVELS Chigusa Saga	12:15pm – 1:30pm VINYASA FLOW 2 ♪ Erin Grossman	10:30am – 11:15am MEDITATION Stephanie Morrell	11:00am – 12:30pm PILATES TUNE UP ♪ Pia Kamonsit
12:00pm – 1:15pm RESTORATIVES & SOUND BATH ♪ Lila Bassior *Beginning 9/19	12:15pm – 1:30pm VINYASA FLOW 2/3 Joan Hyman/ Chrissy Gonzalez	12:00pm – 1:15pm GENTLE & SOUND BATH ♪ Lila Bassior	12:15pm – 1:30pm VINYASA FLOW 2/3 Joan Hyman/ Chrissy Gonzalez	12:30pm – 1:30pm CFY 1/2 Nona Chaing *Beginning 9/30	12:00pm – 1:15pm CFY 1 Nancy Sandercock	12:00pm – 1:15pm CFY 1/2 Nancy Sandercock
12:30pm – 1:30pm YOGA-POWER SCULPT ALL LEVELS Eduardo Duran	12:30pm – 1:30pm CFY SCULPT Micki Duran *Beginning 10/4	12:15pm – 1:30pm VINYASA FLOW 2 ♪ Erin Grossman	12:30pm – 1:30pm YOGA-POWER SCULPT ALL LEVELS Eduardo Duran	2:00pm – 3:15pm PWYC - COMMUNITY CLASS ALL LEVELS Rotating Teachers	12:30pm – 1:30pm YOGA-POWER SCULPT ALL LEVELS Eduardo Duran	1:00pm – 2:15pm VINYASA FLOW ALL LEVELS ♪ Deborah Lee
4:30pm – 5:45pm VINYASA FLOW 2 ♪ Lillian Jacobs *Beginning 10/3	4:30pm – 5:45pm CFY 1/2 ♪ Nancy Sandercock *Beginning 10/4	4:30pm – 5:45pm VINYASA FLOW 2 ♪ Lillian Jacobs *Beginning 10/5	4:30pm – 5:45pm CFY 1/2 ♪ Nancy Sandercock *Beginning 10/6	4:30pm – 5:45pm VINYASA FLOW 2/3 ♪ Dearbhla Kelly		
5:00pm – 6:15pm CFY 1/2 ♪ Ashley Rideaux	5:00pm – 6:15pm CFY 1 ♪ Lila Bassior	5:00pm – 6:15pm CFY 1/2 ♪ Ashley Rideaux	5:00pm – 6:15pm CFY 1 ♪ Lila Bassior	5:00pm – 6:15pm VINYASA FLOW ALL LEVELS ♪ Deborah Lee		
	5:00pm – 5:50pm PILATES ♪ Pia Kamonsit		5:00pm – 5:50pm PILATES ♪ Pia Kamonsit			
6:30pm – 7:55pm IYENGAR Becky Patel	6:00pm – 7:15pm CFY VINYASA FLOW 2 Jeanne Heileman	6:30pm – 7:55pm IYENGAR Becky Patel	6:00pm – 7:15pm CFY VINYASA FLOW 2 Jeanne Heileman			
6:30pm – 7:45 pm VINYASA FLOW 2/3 ♪ Joe Kara	6:30pm – 7:45pm VINYASA FLOW 2/3 ♪ Caleb Aschkynazo	6:30pm – 7:45 pm VINYASA FLOW 2/3 ♪ Joe Kara	6:30pm – 7:45pm VINYASA FLOW 2/3 ♪ Caleb Aschkynazo	6:30pm – 7:45pm RESTORATIVES Nancy Sandercock		
7:00pm – 8:00pm CFY 1/2 ♪ Daryoush Aflatooni *Beginning 10/10		7:00pm – 8:00pm CFY 1/2 ♪ Daryoush Aflatooni *Beginning 10/5				

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