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**Please check the website for current
schedule and teacher subs**

PRANAVA YOGA CENTER™
SCHEDULE

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schedule and teacher subs**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30a - 7:30a Vinyasa level 1 Charlotte	6:30a - 7:30a Vinyasa level 1 Alison	6:30a - 7:30a Vinyasa level 1 Charlotte	6:30a - 7:30a Vinyasa level 1 Charlotte	6:30a - 7:30a Vinyasa level 1 Joanie	7:30a – 9:00a Vinyasa level 1-2 Kim	8:00a – 9:30a Seva—Donation Class All Level PYC TT Graduates
9:00a – 10:30a Vinyasa level 1-2 Yves	9:00a – 10:30a Vinyasa level 1-2 Sara	9:00a – 10:30a Vinyasa level 1 Yves	9:00a – 10:30a Dharma Yoga level 1-2 Mike	9:00a – 10:30a Basic Margy	10:00a – 11:30a Vinyasa level 1-3 Rita	10:00a – 11:30a Dharma Yoga level 2-3 Mike
12:30 p – 1:30p Vinyasa Express level 2 Yves	12:30 p – 1:30p Vinyasa Express level 2 Sara	12:30p – 1:30p Vinyasa Express level 2 Margy	12:30 p – 1:30p Vinyasa Express level 2 Rita	12:30 p – 1:30p Vinyasa Express level 2 Joanie	11:30a – 1:00p Basic Yves	12:00p – 1:30p Basic Gloria
3:30p – 5:00p Dharma Yoga level 1-3 Mike	3:30p – 5:00p Dharma Yoga level 1-3 Mike	3:30p – 5:00p Dharma Yoga level 1-3 Mike	3:30p – 5:00p Dharma Yoga level 1-3 Mike	3:30p – 5:00p Vinyasa level 1-3 Charlotte	12:00p – 1:30p Vinyasa level 1-3 Charlotte	12:30p – 2:00p Vinyasa level 1-3 Charlotte
5:30p – 7:00p Dharma Yoga level 1-3 Mike	5:30p – 7:00p Vinyasa level 1-3 Charlotte	5:30p – 7:00p Vinyasa level 1-3 Rita	5:30p – 7:00p Ashtanga Vinyasa level 1-3 Lisa	5:30p – 7:00p Dharma Yoga level 1-3 Mike	2:00p – 3:30p Vinyasa level 1 Charlotte	
6:00p – 7:30p Gentle Yoga level 1 Jerianne	6:00p – 7:30p Vinyasa level 1 Christopher L.	6:00p – 7:30p Basic Marianne	6:00p – 7:30p Vinyasa level 1 Charlotte	6:00p – 7:30p Vinyasa level 1 Yves	4:00p – 5:30p Dharma Yoga level 1-3 Mike	