

*** 2023/24 WINTER SCHEDULE * STARTING OCTOBER 8, 2023 ***

*** All Classes IN PERSON + LIVESTREAM * Except For *LIVESTREAM ONLY* Sat. 8:00am ***

WEEKDAYS	Mon	Tues	Wed	Thurs	Fri	WEEKENDS	Sat	Sun
6:30 - 7:30am	<i>7:00 - 7:50am</i> Open Level Strength	Open Level	Level 1	Open Level	<i>7:00 - 7:50am</i> Open Level Strength	8:00 - 9:00am	Open Level <i>LIVESTREAM ONLY</i>	Open Level
7:35 - 8:05am		Guided Meditation	Guided Meditation	Guided Meditation				
9:00 - 10:15am	Level 1	Level 1-2	Open Level	Open Level	Open Level			
10:30 - 11:45am	Level 1 Gentle	Level 1 with Chair	Level 1 Strength <i>Ends 11:20</i>	Level 1 with Chair	Level 1	10:45am -12:00pm	Level 1-2	Level 1-2 Alignment
12:00 - 12:15pm	15-Minute Midday Mobility <i>(separate pricing)</i>	15-Minute Midday Mobility <i>(separate pricing)</i>	15-Minute Midday Mobility <i>(separate pricing)</i>	15-Minute Midday Mobility <i>(separate pricing)</i>	15-Minute Midday Mobility <i>(separate pricing)</i>	12:30 - 1:45pm	Level 1 with Chair	
12:30 - 1:20pm	Open Level Strength	Level 1 Core Strength	Integrative Restorative	Level 1 Core Strength	Integrative Restorative	5:00 - 6:15pm		Integrative Restorative <i>(Seasonal - please check)</i>
Mon/Wed 6:15 - 7:15pm	<i>Starts 6:15</i> Level 1-2 Core	<i>Starts 6:00</i> Open Level	<i>Starts 6:15</i> Open Level	<i>Starts 6:00</i> Open Level		<p>All ONLINE/LIVESTREAM classes receive a specific Zoom link by email 10 minutes before class - you must pre-register for class in order to receive the link! It will change for each class.</p> <p>Midday Mobility classes: \$5 single, \$9/wk, \$27/mo</p> <p>SCHEDULE CHANGES HAPPEN occasionally for holidays or other reasons:</p> <p>Please always check at: uwsyoga.com/schedule</p>		
Tues/Thurs 6:00 - 7:15pm								
7:30 - 8:45pm	Level 1 Strength <i>Ends 8:20pm</i>							

