



Kismet Summer Yoga Schedule - Effective July 13

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 7:00 Power Hour Lora	6:00 – 7:00 Vinyasa Liz	6:00 – 7:00 Core Power Fusion Lora	6:00 – 7:00 Vinyasa Liz			7:45 – 8:45 Power Hour Vito starts July 27
9:30 – 10:45 Vinyasa Jennifer	9:00 – 10:30 Power Vinyasa Vito	9:30 – 10:45 Vinyasa Jennifer	9:00 – 10:30 PranaVayu Larisa	9:30 – 10:45 Meditation Vinyasa Arielle	9:00 – 10:30 Power Vinyasa Nathan	9:00 – 10:30 Power Vinyasa Vito
11:00 – 12:00 Power Hour Jennifer		11:00 – 12:00 Power Hour Jennifer		11:00 – 12:00 Vinyasa Liz	11:00 – 12:30 Power Yoga Basics Nathan	
2:30 – 3:45 Hatha Maura						
5:30 – 7:00 Power Vinyasa Lora	5:30 - 6:45 Vinyasa Jennifer	5:30 – 7:00 Power Vinyasa Nathan	5:30 – 6:45 Forrest Yoga Chris	5:30-6:45 Meditation Vinyasa Arielle		5:30 – 6:30 Core Power Fusion Lora
7:15 – 8:45 Power Vinyasa Lora	7:15 – 8:45 Vinyasa Jennifer	7:15 – 8:45 Power Vinyasa Nathan	7:15 – 8:45 Power Vinyasa Vito			6:45 – 7:45 Relax & Renew Jennifer

Power Hour and Power Vinyasa are taught in a HOT studio. All other classes are in a WARM studio. Vinyasa, Meditation Vinyasa, Hatha, and Relax & Renew are prenatal friendly.