



meta
yoga studios

Winter 2012

CLASS SCHEDULE

effective 1/8/2012

THIS SCHEDULE IS SUBJECT TO CHANGE.

Please check the online schedule for daily updates.

www.MetaYogaStudios.com

Monday

6:30 AM	Sunrise Vinyasa all lvls	Elizabeth Wilson
9:00 AM	Qi gong - Moving Meditation	Travis Usinger
10:30 AM	OPEN STUDIO	
12:15 PM	Core Fusion HOT Vinyasa - All lvls	Leslie Ross
2:15 PM	Restorative Yoga all levels	Samaara Robbins
5:30 PM	Hatha Yoga Flow lvl 2	Jason Rodon/Juli Rathke

Tuesday

7:00 AM	Align & Flow - Hatha Yoga	Samaara Robbins
8:45 AM	Core Fusion HOT Vinyasa - All lvls	Juli Rathke
10:30 AM	Anusara-Inspired Yoga lvl 1/2	Murray Green
12:15 PM	Beginner Hatha Yoga	Rachel Meisler
4:00 PM	Apres Ski Yoga all levels	Melinda Shoff
5:45 PM	Better Back Yoga	Rachel Meisler
7:15 PM	Core Fusion HOT Vinyasa - All lvls	Erica Morgan

*1/2 price
GUYS NIGHT*

Wednesday

6:30 AM	Sunrise Vinyasa all lvls	Leslie Ross
8:45 AM	Yogates Yoga Pilates Fusion	Leslie Ross
12:15 PM	Align & Flow - Hatha Yoga	Elizabeth Wilson
2:15 PM	Restorative Hatha Yoga	Sarah Lamond
5:30 PM	Hatha Yoga Flow lvl 2	Jason Rodon

Thursday

7:00 AM	Align & Flow - Hatha Yoga	Melinda Shoff
8:45 AM	HOT Yoga 26	Juli Rathke
10:30 AM	Anusara-Inspired Yoga lvl 1/2	Murray Green
12:15 PM	Beginner Hatha Yoga	Samaara Robbins
4:00 PM	LIVE Music & Yoga all ages	Tracy Van Anderson
5:45 PM	Core Fusion HOT Vinyasa - All lvls	Christina/Kelly

Friday

6:30 AM	Sunrise Vinyasa all lvls	Sarah Lamond
9:00 AM	Core Fusion HOT Vinyasa - All lvls	Sarah Lamond
10:45 AM	Gentle Yoga	Emily Steingart
12:15 PM	Yogates - Yoga Pilates Fusion	Kathleen Kelly
4:00 PM	Qi gong - Moving Meditation	Travis Usinger
5:15 PM	Rockin' Vinyasa	Staff Rotation

*more OPEN STUDIO times
to be added. Check the
online schedule.*

Saturday

7:30 AM	OPEN STUDIO	
8:30 AM	Hatha Yoga Flow all levels	Juli Rathke
10:30 AM	Core Fusion HOT Vinyasa - All lvls	Leslie Ross
4:15 PM	Apres Ski Yoga all levels	Staff Rotation

Sunday

8:30 AM	Sunrise Vinyasa all lvls	Anais/Samaara
10:30 AM	Beginner Hatha Yoga	Anais/Samaara
4:00 PM	Restorative Yoga all levels	Rachel Meisler
6:00 PM	Candlelight Vinyasa all lvls	Jenna Bee

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