

# Blue Ridge Yoga Class Schedule: February 2024

## New to Blue Ridge?

Start your first month of Membership for \$19 ☺

Come twice a week or more to get the best results from your practice!

<b>Monday</b>		
9:00-10:00 AM	All-Levels Flow	Jess
9:15-10:15 AM	Yogalates	Lisa
<i>Live-Stream Available</i>		
10:30-11:30 AM	Gentle Flow	Margaret
<i>Live-Stream Available</i>		
5:00-6:00 PM	All-Levels Flow	Jess
<i>Live-Stream Available</i>		
6:00-7:00 PM	Fascia Release	D'lene
6:15-7:15 PM	Weightlifting + Extra Cardio	Sarah
<i>Live-Stream Available</i>		

<b>Tuesday</b>		
8:00-9:00 AM	Power Flow	Sarah
9:00-10:00 AM	All-Levels Flow	Caitlyn
<i>Live-Stream Available</i>		
9:15-10:15 AM	Weightlifting	Sarah
10:30-11:15 AM	Chair Yoga	Randy
<i>Live-Stream Available</i>		
10:30-11:30 AM	Somatic Flow	Abby
5:00-6:00 PM	All Levels Flow	Abby
6:00-7:00 PM	Gentle Flow	Margaret
<i>Live-Stream Available</i>		
6:15-7:30 PM	Power Flow	Kris
7:15-8:15 PM	Deep Stretch	Margaret
<i>Live-Stream Available</i>		

<b>Wednesday</b>		
9:00-10:00 AM	All-Levels Flow	Sarah
<i>Live-Stream Available</i>		
9:15-10:15 AM	Yogalates	Lisa
10:30-11:30 AM	Deep Rest	Debbie
<i>Live-Stream Available</i>		
10:30-11:30 AM	Yogalates at the Wall	Lisa
5:00-6:00 PM	Flow & Rest	Caitlyn
<i>Live-Stream Available</i>		
6:00-7:00 PM	Aches & Pains	Debbie
6:15-7:15 PM	Yogalates	Lisa
<i>Live-Stream Available</i>		

<b>Thursday</b>		
9:00-10:00 AM	All-Levels Flow	Randy
9:15-10:15 AM	Weightlifting	Caitlyn
<i>Live-Stream Available</i>		
10:30-11:15 AM	Chair Yoga	Randy
10:30-11:30 AM	Gentle Flow	Margaret
<i>Live-Stream Available</i>		
5:00-6:00 PM	All Levels Flow	Debbie
6:00-7:00 PM	Gentle Flow	Margaret
<i>Live-Stream Available</i>		
6:15-7:30 PM	Power Flow	Kris
7:15-8:15 PM	Deep Stretch	Jen
<i>Live-Stream Available</i>		

<b>Friday</b>		
8:00-9:00 AM	Power Flow	Randy
9:00-10:00 AM	All-Levels Flow	Abby
<i>Live-Stream Available</i>		
9:15-10:15 AM	Yoga Sculpt	Jen
10:30-11:30 AM	Gentle Flow	Debbie
<i>Live-Stream Available</i>		
5:00-6:15 PM	Move & Meditate	Abby
<i>Live-Stream Available</i>		

<b>Saturday</b>		
9:00-10:00 AM	All-Levels Flow	Lisa
<i>Live-Stream Available</i>		
10:30-11:30 AM	Flow & Rest	Jen
10:30-11:45 AM	Power Flow	Lisa
<i>Live-Stream Available</i>		

<b>Sunday</b>		
9:00-10:00 AM	All Levels Flow	Jen
<i>Live-Stream Available</i>		
9:15-10:15 AM	Power Flow	Randy
10:30-11:30 AM	Guided Meditation	D'lene
<i>Live-Stream Available</i>		
10:30-11:30 AM	Gentle Flow	Abby

Phone: 865-288-3562 | Email: [receptionblueridgeyoga@gmail.com](mailto:receptionblueridgeyoga@gmail.com)

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*Yoga is a light which, once lit, will never dim. The better your practice, the brighter the flame.*

*~ B.K.S. Iyengar*