

YOGA CLASS SCHEDULE

29 Bridge Street, Salem, MA | 978-744-YOGA | yogasakti.com

See website for class descriptions.

Winter

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			6:00-7:00 a.m. Vinyasa (75°) Kerri			
						7:30-8:45 a.m. Sunrise Practice (75°)
	8:30-10:00 a.m. Hot Power (95°) Jeanne 🧘		8:30-10:00 a.m. Hot Power (95°) Jeanne 🧘		8:00-9:15 a.m. Power Vinyasa (90°) Jennifer C	
9:00-10:30 a.m. Anusara (75°) Marc		9:00-10:30 a.m. Anusara (75°) Marc		9:00-10:30 a.m. Anusara (75°) Marc	9:30-10:45 a.m. PranaVayu(75°) Larisa/Willa 🧘	9:00-10:30 a.m. Hot Power (95°) Jeanne 🧘
	10:30-11:45 a.m. yogaspirit* Vinyasa Kim Valeri		10:30-11:45 a.m. yogaspirit* Vinyasa Kim Valeri			10:45-12:00 noon Gentle Beginners (75°) Pat
		12:00-1:00 p.m. Lunch Time Vinyasa (75°) Larisa		12:00-1:15 p.m. Basics/Restorative (75°) Eileen	11:30-12:45 p.m. Basics (75°) Joseph	
4:00-5:15 p.m. Vinyasa (75°) Kerri		4:00-5:15 p.m. Hot Power (85°) Kerri	4:00-5:30 p.m. Anusara (75°) Marc	4:00-5:00 p.m. Community Yoga \$7		
		6:00-7:00 p.m. Off-the-Wall (and on) Yoga (75°) Vito				
6:00-7:15 p.m. Hot Power (95°) Jeanne	6:00-7:15 p.m. Power Vinyasa (90°) Jennifer C	6:00-7:15 p.m. Power Vinyasa Kat	6:00-7:00 p.m. Power Hour (85°) Becky	6:00-7:00 p.m. \$5 🧘 ZUMBA 🧘 Danielle		5:30-7:00 p.m. Vinyasa (75°) Danielle J 🧘
7:30-9:00 p.m. Vinyasa/Restorative (75°) Eileen 🧘	7:30-9:00 p.m. Vinyasa (75°) Kat 🧘	7:30-9:00 p.m. Deep Stretch/ Restorative (75°) Vito	7:15-8:30 p.m. Vinyasa (75°) 🧘	7:15-8:45 p.m. Restorative (75°) Eileen 🧘		

Classes times and instructors are subject to change. Please check out our website for updates.



*Make this a spin combo for \$5