

718 N. WEBER STREET
 COLORADO SPRINGS, CO 80903



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 www.pranavayogacenter.com

Please check the website for current schedule and teacher subs **PRANAVA YOGA CENTER™** **Please check the website for current schedule and teacher subs**
SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30a - 7:30a Vinyasa level 1 Charlotte	6:30a - 7:30a Vinyasa level 1 Alison	6:30a - 7:30a Vinyasa level 1 Charlotte	6:30a - 7:30a Vinyasa level 1 Charlotte	6:30a - 7:30a Vinyasa level 1 Charlotte	7:30a - 9:00a Vinyasa level 1-3 Mike	
9:00a - 10:30a Vinyasa level 1-2 Lisa	9:00a - 10:30a Vinyasa 1-2 Sara	9:00a - 10:30a Vinyasa 1-2 Lisa	9:00a - 10:30a Dharma Yoga level 1-2 Mike	9:00a - 10:30a Basic Margy	10:00a - 11:30a Jivamukti Open level Jessica	10:00a - 11:30p Dharma Yoga level 1-3 Mike
12:30 p - 1:30p Vinyasa Express level 2 Lisa	12:30 p - 1:30p Vinyasa Express level 2 Sara	12:30p - 1:30p Vinyasa Express level 2 Margy	12:30 p - 1:30p Vinyasa Express level 2 Jessica	12:30 p - 1:30p Vinyasa Express level 2 Samantha	11:30a - 1:00p Basic Charlotte	12:00p - 1:30p Basic Gloria
3:30p - 5:00p Dharma Yoga level 1-3 Mike	3:30p - 5:00p Dharma Yoga level 1-3 Mike	3:30p - 5:00p Dharma Yoga level 1-3 Mike	3:30p - 5:00p Vinyasa level 1-3 Mike	3:30p - 5:00p Jivamukti Open level Jessica	12:00p - 1:30p Dharma level 1-3 Mike	12:30p - 2:00p Vinyasa 1-3 Charlotte
5:30p - 7:00p Dharma Yoga level 1-3 Mike	5:30p - 7:00p Vinyasa level 1-3 Mike	5:30p - 7:00p Jivamukti Open level Jessica	5:30p - 7:00p Ashtanga Vinyasa level 1-3 Lisa	5:30p - 7:00p Jivamukti Open level Jessica	2:00p - 3:30p Vinyasa level 1 Charlotte	
6:00p - 7:30p Gentle Yoga Jerianne	6:00p - 7:30p Vinyasa level 1 Charlotte	6:00p - 7:30p Basic Mike	6:00p - 7:30p Vinyasa level 1 Charlotte		4:00p - 5:30p Dharma Yoga level 1-3 Mike	