



LIFT YOGA + BODY

=LiftLIVE ONLY
all other classes will be available
in-studio and via LiftLIVE

=HEATED CLASS

*refer to website for temperatures

MAIN ENTRANCE AT BACK OF BUILDING
501 SOUTH MAIN STREET | ALPHARETTA, GA 30009

LENGTH OF CLASSES VARY. GO TO WWW.LIFTYOGASTUDIO.COM FOR THE LATEST SCHEDULE.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00					hot power w/ dawn		
7:00			vinyasa flow w/ holly				
8:30							hot power yoga w/ rachel
9:00		yoga sculpt w/ megan	gentle yoga w/ jenny	hot power yoga w/ courtney		hot power yoga w/ joselynne	
10:00	warm detox flow w/ ginny h						weekend wind down w/ gail
10:30		yin + restore w/ sejal	hot power yoga w/ joselynne			yin + restore w/ kember	
12:00		vinyasa flow w/ gail	vinyasa flow w/ joselynne	vinyasa flow w/ jenny	vinyasa flow w/ gail	barre fusion w/ natalie	
12:30							yin + yoga nidra w/ kerry
2:00	sunday sadhana w/ kember						
4:30			vinyasa flow w/ courtney	vinyasa foundations w/ gail	barre fusion w/ natalie		
5:00						FREE community class w/ new teachers	
6:00		warm vinyasa flow w/ courtney	hot power w/ jody	mindful flow w/ alex	aligned flow w/ erica	hot power yoga w/ joey	
6:30	hot power detox w/ jody						
7:30		slow flow + yin w/ barbie	yoga nidra w/ kerry	flow + meditation w/ paige	vinyasa flow w/ sarah rose		