

## Sangha House Virtual Studio—Schedule

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10:00am	Yoga Lena Maughan			Pilates Fiona Pascal	Yoga—Yin/Yang Patricia Chiu	Yoga Michel Traas	Hatha Flow Sara Newmam
11:00am Break							
11:30am	Pilates Fiona Pascal			Yoga Morgan Lane	Somatics Steven Leather	Kundalini Svetlana	Yoga Morgan Lane
12:30pm Break	Meditation with Andy			Meditation with Andy			
1:00pm	Yoga Bev Alderson			Yoga Bev Alderson	Pilates Morgan Lane	Pilates Sam Arscott	
2:00pm Break							
2:30pm	Yoga Amber Grace			Yoga Amber Grace	Exercise Dorian Bass-White	Tai Chi (Advanced) Andy Spragg	
3:30pm Break							
4:00pm	Tai Chi (Beginners) Andy Spragg			Tai Chi (Intermediate) Andy Spragg	Nidra Lena Maughan	Tai Chi (Intermediate) Andy Spragg	
5:00pm Break							
5:30pm					Yoga Michel Traas		
6:00pm	Pilates Sam Arscott			Pilates Sam Arscott		Tradition Hatha Akhil Gopi	
8:00pm	Yoga Sara Newman			Yin Yoga Patricia Chiu	Yoga Michel Traas		