



Effective January 2025

530 S Bradford Ave  
West Chester, PA 19382

# WEEKLY SCHEDULE

## Sunday

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

## Saturday

Hatha  
(rotation)  
9:30-10:30 am

Sound Bath  
(Megan)  
\*2nd Sunday only\*  
11-11:45 am

Kirtan (Lenny)  
\*4th Sunday only\*  
11-11:45 am

Yoga for  
EveryBody (Judy)  
6:30-7:30 pm

Vinyasa (Leah)  
9:30-10:30 am

Chair (Jamie)  
12:15-1 pm

Hatha (Elizabeth)  
6:30-7:30 pm

Strength & Flow  
(Lauren)  
6:30-7:30 am

Vinyasa (Monica)  
9:30-10:30 am

Vinyasa (Jamie)  
5-6 pm

Yin (Jamie)  
6:30-7:30 pm

Vinyasa (Monica)  
6:30-7:30 am

Hatha (Leah)  
9:30-10:30 am

Gentle (Leah)  
5-6 pm

Vinyasa (Leah)  
6:30-7:30 pm

Gentle (Jamie)  
5:30-6:30 am

Vinyasa (Lauren)  
9:30-10:30 am

Vinyasa (Marie)  
9:30-10:30 am

Gentle (Leah)  
11-12 pm

Donation Class  
\*3rd Friday only\*  
(rotation)  
5-6 pm

Vinyasa  
(rotation)  
9:30-10:30 am

Tarot (Caitlin)  
\*3rd Saturday  
only\*  
1-3 pm

**Sign up now!**



*\*the first weekend which includes a Friday\**

**Advance booking required. Most classes limited to 10 students.**  
Schedule Subject to Change. Please scan QR Code for most updated availability.