

# Toula Yoga Weekly Schedule

[Please Pre-register online or email us](#)

## Monday

9:30 -10:30am Mat Pilates with Carrie  
9:30 - 10:30am Baby and Me Yoga w/Tammy  
11:00am - 12:00pm Gentle Yoga w/Tammy  
1:00pm -2:00pm Rest & Restore w/Kate  
5:00-6:15pm Prenatal yoga w/Tammy  
6:30-7:30pm Move & Meditate w/Tammy

## Tuesday

6:00 - 7:00am Rise & ShineYoga w/Arianne  
9:30- 10:30am Hatha Yoga w/ Sarah  
1:00- 2:00pm Afternoon Flow with Britt  
4:30-5:30pm Thick & Curvy Yoga w/Kate  
5:00- 6:15pm Postnatal yoga w/ Tammy  
6:45 - 7:45pm Hatha Yoga w/ Andra  
6:30 - 7:30pm SlowFlowYoga w/Jasmine

## Wednesday

9:30 - 10:30 am Hatha Yoga w/ Andrea  
11:00am - noon Gentle Yoga w/Heather  
6:00pm -7:15pm Power Yoga (sculpt option) w/Suzy

## Thursday

6:00am - 7:00am Slow Flow Yoga with Dana  
9:30 - 10:30am Yoga with Andrea/Stacey  
2:00 - 3:00pm Chair Yoga with Sheri  
4:30- 5:30pm Thick & Curvy Yoga w/Kate  
5:00pm-6:15pm Prenatal Yoga w/Tammy  
7:00pm - 8:15pm Aerial Yoga w/Raelene

## Friday

9:30 - 10:30am Hatha Yoga w/ Sheri  
11:00 - 12:00pm Gentle Yoga w/ Tammy  
11:00 - 12:00pm Functional Flow w/Kate

## Saturday

9:30 - 10:30am Hatha Yoga w/Missy

## Sunday

9:30 - 10:30am Hatha Yoga w/ Steffani  
2:30-3:45pm Restorative Yoga workshops  
(Sound Healing, Relaxation, Yin, Meditation, -on rotation)  
6:00 - 7:15pm Candlelight Yoga, Move & Meditate

**Sign up directly from our website calendar!**

***Workshops, special classes & retreats*** can be found on our website and facebook page.

This schedule changes often so check back.