



351 Hudson Ave. Albany, NY ~ 518-599-5295

www.larkstreetyoga.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:00 -7:00 am PIYO (Maryellen)	6:00 -7:00am Morning Integration (Natalie)	6:00-7:00 am Free Your Back Friday (Natalie)	8:00 – 9:00 am HIIT Yoga Fusion (Alyssa)	8:30-9:30am Hot Power Flow (Jason)
9:00-10:30am Bikram (Stacy)	11:30-11:50 Meditation (Jenn) 12:00-1:00pm Hatha Flow (Sierra)	12:00-1:00pm Bikram Express (Stacy)	12– 12:45pm Gentle Yoga (Laurel)	12-12:45pm Sun Salutation Flow (Maryellen)	9:15-10:15am Mobility and Flexibility Flow (Alyssa)	10:00-11:00 Hot All Levels Vinyasa (Jason)
4:00-5:00 pm Soul Yoga Flow (Hannah)	5:15-6:15pm Vinyasa Flow (Maryellen)		4:30 – 5:30 pm Yin and Restore (Sierra)	5:30-6:30pm Happy Hour Core Flow (Laurel)	10:30-11:30 Men’s Basic Yoga (Jason)	
5:45-6:45pm HIIT Yoga Fusion (Alyssa)	6:30-7:30pm Bikram Fusion (Karen)	6:15 – 7:15pm All Levels Power Vinyasa (Victoria)	6:00-7:00pm Yoga Happy Hour (Jammella)		12:00-1:00pm All Levels Vinyasa (Victoria)	
7:00-8:00pm Hot Detox Yoga (Jared)	7:45-8:45pm Flow Your Own Way (Louise) *	7:30 – 8:45 pm Yin with a Bhakti Spin (Terra)	7:15 – 8:30 pm Hot Power Flow (Jared)		4:00 – 5:15 pm Hot Power Flow (Jared)	4:30-5:45pm Bhakti Basics (Terra)

*Yoga for 12 Step Recovery meets 1x/month from 7:45-9pm: Upcoming Dates- 3/12, 4/2 and 5/7
Check out our website for Promotions and Upcoming Events and Follow us on FB and Instagram