



## YOGA CLASS SCHEDULE

effective December 1, 2020

*Subject to change without notice.*

### Saturdays

8:30 - 9:30 a.m. LS Yoga Lab with Andrew  
9 - 10 a.m. Yoga on the Meadow\* with Susie  
10 - 11 a.m. **Fast Flow with Jessica**  
12 - 1 p.m. **Yoga Stretch with Houstonian Team**  
2 - 3 p.m. LS Yoga Body with Achim

### Sundays

9 - 10 a.m. Yoga Body with Larry  
10:30 - 11:30 a.m. Fast Flow with Nosa  
12 - 1 p.m. **LS Yoga Stretch**  
1:05 - 1:30 p.m. **LS The Meditation Class\* with Misha**  
3:30 - 4:30 p.m. Yoga Power with Achim  
5 - 6 p.m. LS Yoga Therapy with Andrew

### Mondays

6 - 7 a.m. Yoga Power with Alexander  
8:30 - 9:30 a.m. **Yoga Body with Traci**  
9:30 - 10:15 a.m. Yoga on the Meadow\* with Rhia  
10 - 11 a.m. LS Yoga Power with Pam  
12:15 - 1 p.m. Functional Mobility with Matt  
1:30 - 2:30 p.m. LS Yoga Stretch with Susie  
6 - 7 p.m. Yoga Lab with Andrew

### Tuesdays

6 - 7 a.m. Fast Flow with Jessica  
7:30 - 8:30 a.m. Yoga Body with Marizol  
9 - 10 a.m. Yoga Flow with Marizol  
10:30 - 11:30 a.m. **Therapy Ball Class** with Misha  
12 - 1 p.m. LS Yoga Therapy with Robert  
5 - 6 p.m. **LS** Yoga Body with Larry

*\*These classes do not count towards your daily class reservation limit.*

### Wednesdays

6 - 7 a.m. **Yoga Power with Kelsey**  
8 - 9 a.m. LS Yoga Lab with Andrew  
9:30 - 10:30 a.m. Fast Flow with Gustavo  
10:30 - 11:30 a.m. **OUTDOOR Yoga Flow with Marizol TPG**  
11 - 11:45 a.m. Yoga Body with Cathy  
12 - 1 p.m. **LS Yoga Stretch**  
1:05 - 1:30 p.m. **The Meditation Class\* with Misha**  
5:30 - 6:30 p.m. **Fast Flow with Regie**  
6:35 - 7 p.m. **Yoga Stretch\* with Regie**

### Thursdays

7:30 - 8:30 a.m. Yoga Body with Marizol  
9 - 10 a.m. Yoga Flow with Marizol  
10:30 - 11:30 a.m. Yoga Power with Pam  
5 - 6 p.m. **Yin Yoga with Rhia**  
6:05 - 6:30 p.m. **The Meditation Class\* with Rhia**

### Fridays

8 - 9 a.m. Yoga Body with Larry  
9:30 - 10:30 a.m. Fast Flow with Nosa  
10 - 10:45 a.m. **Yoga on the Meadow\* with Ethan**  
12 - 1 p.m. **Yoga Stretch with Misha**  
1:05 - 1:30 p.m. **The Meditation Class\* with Misha**  
3 - 3:45 p.m. **OUTDOOR Tai Chi with Gustavo TPG**  
6 - 7 p.m. LS Yoga Lab with Andrew

*LS = LIVE STREAMING classes are held in Studio B and simultaneously live-streamed on Facebook. There is a camera in the Studio though none of the participants are in the view. NOTE: Because of copyright issues, there is no music played during the class.*

**TPG = Tennis Plaza Green**

For more information, contact Misha Laird at [yoga@houstonian.com](mailto:yoga@houstonian.com).