

THIS IS NOT A LIVE SCHEDULE. SUBSTITUTE TEACHERS AND CANCELLED CLASSES ARE NOT REFLECTED HERE



Via Valiente studio
6922-C Almaden Expressway,
San Jose, CA 95120 (next to CVS)

Blossom Hill studio
5353 Almaden Expressway, #E-15
San Jose, CA 95118

Over 40 classes a week • Yoga for all levels • 75 min class unless specified

VIA VALIENTE - SPRING Schedule - 2017 6922-C Almaden Expressway, San Jose, CA 95120 (next to CVS)

| Time | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|---------|--|------------------------------------|-----------------------------|--|------------------------------------|-------------------------------|--------------------------|
| 6 am | | Flow <i>Kathleen</i> | | Flow <i>Danielle</i> | | | |
| 8 am | | | | | | Heated Detox <i>Ashley</i> | |
| 9:30 am | Anusara Inspired Hatha <i>Bree</i> | Therapeutic Yoga <i>Barbara</i> | Hatha Yoga <i>Nate</i> | Ashtanga Inspired Hatha <i>James</i> | Flow <i>Wei</i> | Flow <i>Ashley</i> | YogaJAM <i>Sudha</i> |
| 11 am | Chair Yoga (60) <i>Skye</i> | Qi Gong <i>Barbara</i> | Gentle Yoga <i>Patty</i> | Chair Yoga (60) <i>Skye</i> | Therapeutic Yoga <i>Barbara</i> | Hatha <i>Mackenzie</i> | Hatha <i>Pam</i> |
| 4 pm | | | | | | | Yin Yoga <i>Patty</i> |
| 6 pm | Candle Mandala Flow <i>Anuja</i> | Restorative Yoga <i>Nanci</i> | Yin <i>Patty</i> | Hatha <i>Heather</i> | Gentle <i>Heidi</i> | | |

Blossom Hill - SPRING Schedule - 2017 5353 Almaden Expressway, #E15, San Jose, CA 95118

| Time | Mon | Tue | Wed | Thurs | Fri | Sat | Sun |
|---------------------|-------------------------------|----------------------------------|-----------------------------|-------------------------------|-------------------------------|----------------------------|-----------------------------|
| 7:45 am | | | | | | Flow <i>Maria M.</i> | |
| 9:15 am | Hatha Yoga <i>Anuja</i> | Morning Workshop <i>Noell</i> | Flow <i>Shannon</i> | Flow <i>Danielle</i> | Hatha Yoga <i>Bree</i> | Flow <i>Nate</i> | Flow <i>Danielle</i> |
| 10:45 am | Gentle Yoga <i>MaryAnn</i> | | | | Gentle Yoga <i>Nanci</i> | Hatha Yoga <i>Scott</i> | Yoga Tone <i>Kathryn</i> |
| 4 pm | Hatha Yoga <i>Maria M.</i> | | | Hatha Yoga <i>Maria M.</i> | | | |
| 5:45 pm (60 min) | Hour Flow <i>Jimiann</i> | Healing Yoga <i>Allison</i> | Hour Flow <i>Kathryn</i> | Hour Flow <i>Kathleen</i> | Hatha Yoga <i>Kathleen</i> | | |
| 7 pm | Hatha <i>Sheetal</i> | Yoga Tone <i>Kathryn</i> | Yin Yoga <i>Shannon</i> | Yoga Basics <i>Pam</i> | | | |

For more details visit our website - www.almadenyoga.com | Email: info@almadenyoga.com | 408.596.4243