THE MONTGOMERY STUDIO

9510 Montgomery Road
Cincinnati, Ohio 45242

Monday
9:30 – 10:45 am, Hatha Yoga w/ Karrie
6:30 – 7:45 pm, New to Yoga w/Pamela
8 :00 – 9:00 pm, Vinyasa Flow w/Brooke

Tuesday
9:30 – 10:45 am, Vinyasa Flow w/ Lori
6:15 – 7:15 pm, New to Yoga w/Danisha
7:30 – 8:45 pm, Vinyasa w/ a touch of yin w/ Haley

Wednesday
9:30 – 10:45 am, Hatha with Laura
7:30 – 8:45 pm, Yin Yoga w/ Deana

Thursday
9:30 – 10:45 am, Slow Flow & Yin with Christy
6:00 – 7:10 pm, Restorative with Vickie
7:30 – 8:45 pm, Beginner's Kundalini
Store Hours, 3 – 9 with Jaisha

Friday
9:30 – 10:30 am, Vinyasa Flow w/ Lynn
7:30 – 8:45 pm, Restorative with Sarah
Store Hours, 12:30 – 5 pm w/Patti

Saturday
8:00 – 9:00 am, Power Yoga w/Adam
9:30 – 10:45 am, Hatha Yoga w/ Pamela
11:00 – 12:30 pm, Master Class w/Vickie

Sunday
9:30 – 10:45 am, Kundalini w/ Anne
5:00 – 6:15 pm, Restorative Yoga w/ Laura
Store Hours, 9 – 2 pm with Sarah

elemental om

THE LEBANON STUDIO

46 East Mulberry Street
Lebanon, Ohio 45036

Monday
9:00 – 10:15, Hatha Yoga with Christy
6:30 – 7:15 pm, Gentle Yoga w/Kris

Tuesday
7:30 – 8:30 am, Morning Flow w/Melissa
9:30 – 10:45 am, Yin Yoga w/Christy
6:30 – 7:45 pm, Hatha Yoga w/Timmiera

Wednesday
9:00 – 10:15 am, Gentle Yoga
6:30 – 7:45 pm, Restorative w/ Haley

Thursday
9:30 – 10:45 am, Gentle Yoga w/Angela
6:30 – 7:45 pm, Vinyasa w/ Timmiera

Friday
9:30 – 10:45 am, Hatha Yoga w/Melissa
6:30 – 7:30 pm, Happy Hour Yoga, 4th Fridays….next…April 24th

Saturday
9:00 – 10:15 am, Vinyasa Flow w/Timmiera
11:00 – 12:00 pm, Community Yoga Appropriate for those NEW To Yoga.
Donations of $5 - $10 or use your class passes. Unlimited passes not accepted.

Sunday
9:00 – 10:15 am, Gentle Yoga
5:00 – 6:15 pm, Yin Yoga w/ Melissa

The Symmes Studio

11928 Montgomery Road
Symmes, Ohio 45249

Monday
9:30 am Vinyasa w/Lynn begins 6/1
6:30 – 7:45 pm, Gentle flow w/ Werner
7:30 – 8:45 pm, Gentle flow & Yin w/ Deana
2:00 – 7:00 pm, Store hours with Elliott

Tuesday
7:30 – 8:30 am, Hot Vinyasa Flow w/ Lori
9:00 – 10:15 am, Hatha Yoga w/ Sue
4:30 – 5:30 pm Hatha Kundi with Pamela
6:30 – 7:45 pm, New to Yoga, Gentle Flow w/ Sandy
8:00 – 9:00 pm, Hot flow w/ Brooke
12:00 – 7:00 pm, store hours with Sarah

Wednesday
8:00- 9:15 am, Hatha w/ Pam
9:30 – 11:00 am, Hatha Flow w/ Vickie
6:30 – 7:45 pm, Vinyasa flow & Meditation w/ Jen
8:00 – 9:00 pm, Beginner Hot Yoga (warm)
12:00 – 7:00 pm, store hours with Sarah

Thursday
7:30 – 8:30 am, Hot Vinyasa Flow w/ Lori
9:30 – 10:45 am, Vinyasa flow w/ Lori
6:00 – 7:15 pm, Vinyasa Flow w/Jen (begins 5/7)
6:30 – 7:45 pm, Urban Zen w/ Megan
8:00 – 9:00 pm, Hot flow w/Vanessa
2:00 – 7:00 pm, Store hours w/ Elliott

Friday
9:30 – 10:45 am, Vinyasa flow w/ Vanessa

Saturday
9:00 – 10:15 am, Hot flow w/Lori
10:30 – 11:45 am, Vinyasa Flow w/Brooke
11:00 – 12:15 pm, Urban Zen w/ Megan

Sunday
10:00 – 11:15 am, Vinyasa & Meditation w/ Jen
12:30 – 1:45 pm, New to Yoga w/ Lorraine
5:00 – 6:15 pm, Urban Zen w/ Megan
6:30 – 7:45 pm, Hot Flow w/ Vanessa

The Elemental Cleanse with Pamela Quinn begins Sundays on May 31st, 9:30 – 12:30 am, $407