

# Class Schedule 2024



## MONDAY

8 am Core Align - Intrm/Adv  
12 pm Foam Rolling  
1 pm Core Align - Intrm/Adv

## TUESDAY

8am Hard Core2Floor  
9:15 am Core Align Simple  
10:30 am Core Align Intrm  
12 pm Gentle Yoga w Molly  
5:30 pm KickAss Yoga w Steve

## WEDNESDAY

8 am Core Align All Levels  
9:15 am Yoga 4 Strength w Molly  
11 am Core Align Smple/Intrm  
5:30 pm Core Align All Levels

## THURSDAY

11 am Core Align Smple/Intrm  
12 pm Rock, Roll & Release  
1:15 pm Yin Yoga w Ed  
5:30 pm Restorative Yoga w Molly

## FRIDAY

8 am Core Align All Levels  
9:15 am Core Align Simple  
12 pm Core2Floor Smpl/Intrm  
5:30 pm Yoga Nidra - 2nd Friday

## 2ND SUNDAY

9:30 Sunday Long Practice  
Sivananda Yoga

WE ARE CLOSED ON SATURDAYS AND MOST SUNDAYS

**SEE ASCENT  
WEBSITE FOR  
MEMBERSHIP DETAILS**

**YOGA CLASSES  
\$20 DROP-IN  
\$175 FOR 10-CLASS PASS**

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[www.ascentphysicaltherapy.com](http://www.ascentphysicaltherapy.com)