

# CLASS SCHEDULE

CLASSES ARE OFFERED IN 2 FORMATS

**In-Person** + **Livestream**

## MONDAY

6:30-7:30am Yoga 2 - Britt

Livestream

8:30-9:30am Yoga 1 - Danielle H

Livestream

12-12:45pm Lunchtime Yoga - Zeyah

In-Person + Livestream

5:30-6:30pm Yoga 2 - Tara

In-Person + Livestream

## TUESDAY

7:00-8:00am Yoga 1/2 - Tara

In-Person + Livestream

8:30-9:30am Yoga 2 - Monicka

Livestream

5:30-6:30pm Yoga 1/2 - Britt

In-Person + Livestream

6-7pm Yoga At the Farm - Tara + Zeyah

In-person At the Side Yard Farm

4800 NE Simpson St, PDX (May - Oct.)

7-8:15pm Prenatal Yoga - Shana

Livestream

7-8:15pm Queer + Trans Yoga - Rotating

In-Person + Livestream

## WEDNESDAY

8:30-9:30am Yoga 1 - Monicka

Livestream

12-1:00pm Yoga 2 - Linnea

Livestream

5:30-6:45pm Yoga 1/2 - Danielle J.

In-Person + Livestream

7:15-8:30pm Restore + Release - Sahar

In-Person + Livestream

## THURSDAY

8:30-9:30am Yoga 2 - Maneena

Livestream

2-3:15pm Accessible Yoga - Michael

Livestream

5:30-6:30pm Yoga 2/3 - Sahar

In-Person + Livestream

7-8:15pm BIPOC-Only Yoga - Rotating

In-Person + Livestream

## FRIDAY

6:30-7:30am Yoga 1/2 - Kate

Livestream

8:30-9:30am Yoga 1 - Zeyah

Livestream

10-11:00am Functional Strength - Britt

In-Person + Livestream

## SATURDAY

9-10:15am Yoga 2 - Zeyah

In-Person + Livestream

10:45 - 12pm Prenatal Yoga - Rotating

Livestream

## SUNDAY

9-10:00am Yoga 1/2 - Britt

In-Person + Livestream

10:30 - 12:00pm Yoga 2/3 - Linnea

In-Person + Livestream

7:00-8:00pm Restore + Release - Kusum

Livestream

25+ classes a week

Absolute beginners &  
seasoned practitioners  
welcome

Series, workshops, &  
trainings

SCAN TO LEARN MORE



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