

Begins October 1st through End of 2020

# FALL 2020 SCHEDULE

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## MONDAY:

[ 5:30 – 6:30 pm ] --- Believe Restore Inspire Yoga with Beth Rockert  
[ 7:30 – 8:30 pm ] --- Funky Flow with Marissa Lynn

## TUESDAY:

[ 9:30 – 10:30 am ] --- Gentle Vinyasa with Marissa Lynn  
[ 5:30 – 6:30 pm ] --- Vinyasa Flow with Nicole Green  
[ 7:00 – 8:00 pm ] --- Restore and Heal with Barb Schaefer

## WEDNESDAY:

[ 5:45 – 6:45 am ] --- Wake Up + Flow with Marissa Lynn  
[ 9:30 – 10:15 am ] --- Core + More with Marissa Lynn  
[ 6:30 – 7:30 pm ] --- Gentle Yoga with Julia McDonald  
(Wine Down Wednesday first Wednesday of the month)

## THURSDAY:

[ 11:00 – 12:00 pm ] --- Flow + Restore with Marissa Lynn  
[ 12:15 – 12:45 pm ] --- Basic Meditation with Marissa Lynn  
[ 5:30 – 6:30 pm ] --- Vinyasa Flow with Tammy Earsley

## FRIDAY:

[ 9:30 – 10:30 am ] --- Gentle Yoga with Julia McDonald

## SATURDAY:

[ 9:00 – 10:00 am ] --- Flow with Pride with Liam Smietanski  
[ 11:00 – 12:00 pm ] --- Focused Flow with Angie Bury  
[ 12:30 – 1:30 pm ] --- Prenatal Yoga with Angie Bury (every other week)  
(not part of monthly membership – prenatal class pass available)

## SUNDAY:

[ 9:00 – 10:00 am ] --- Soulful Sunday with Marissa Lynn  
[ 10:15 – 10:45 am ] --- Basic Meditation with Marissa Lynn  
[ 11:00 – 12:00 pm ] --- Sunday Slow Down with Marissa Lynn  
[ 5:30 – 6:30 pm ] --- Flow + Restore with Jeanna Fodor

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Align Light Yoga + Healing Community

185 South Schoyler Avenue – Kankakee, IL

Please check [www.AlignLightYoga.com](http://www.AlignLightYoga.com) for any class updates and upcoming events