

NOTE: Classes are subject to change or be canceled at any time.
Always check the online schedule and sign up for classes online.

Ahimsa Elmhurst

Class Schedule

LS = Live Stream on Zoom

Time	Mon	Tue	Wed	Thu	Fri	Sat	Sun
8:15am-9:15am	Hatha + LS Reneé	Vinyasa Flow + LS Cassie	Hatha + LS Reneé	Therapeutic Yoga (ends 9:45am) Linda	9am Hatha + LS JoAnn	8am Vinyasa + LS Munira	
9:30am-10:30am	Balanced in Ball Reneé		Vinyasa Flow + LS Cassie			Hatha + LS JoAnn	9am Vinyasa + LS Sarah
10am-11am				Hatha Vinyasa + LS Katie			10:30am Hatha + LS Lindsay
11am-12pm						Therapeutic Yoga + LS Chris	
12:15pm-1:15pm						Prenatal Yoga Chris	
6pm-7:15pm							Restorative + Sound +LS Wanda
5:45pm-6:45pm/7pm (Tues)	Yin + Sound + LS Emily	Hatha Vinyasa + LS Jessica	Hatha + LS Chris	Hatha + LS Kristen	Hatha Vinyasa + LS Amy		
7:30pm-8:30pm	Vinyasa Flow +LS Munira	Restorative + Sound +LS Wanda	Hatha Vinyasa + LS Emily	Yin Yoga + LS Dana			



Ways to see the schedule:

Mindbody App

FitGrid App

Ahimsa's app

ahimsayogastudios.com/elmhurst-schedule