



# Banyan Tree Yoga

5 Pine St. Ext., Unit 2A

Nashua, NH

603.889.1121

www.BanyanTreeYogaNH.com

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30AM -8:30AM Virtual Barre w/Renee'						8:00AM - 9:00AM Outdoor Sunrise Vinyasa w/Angela
		9:30AM -10:30AM Slow Flow w/Susan	9:30AM -10:30AM Slow Flow w/Brandy	9:00AM -10:00AM Slow Flow w/Val	9:00AM - 10:15AM Yin Yoga w/Val	
<i>See our website for workshops and special events!</i>	10:30AM - 11:30AM Hatha Yoga w/Brandy					10:00AM - 11:00AM Hatha Yoga w/Brandy
5:00PM - 6:15PM Virtual Yin & Restore w/Michelle	5:30PM - 6:30PM Virtual Vinyasa Flow w/Kellie	5:30PM - 6:30PM Chakra Flow w/Brandy	5:30PM - 6:45PM Yin - Yang w/Sue	6:00PM - 7:00PM Hatha Yoga w/Angela		<i>See our website for workshops and special events!</i>
	7:00PM - 8:15PM Yin Yoga w/Val	7:00PM - 8:15PM Virtual Prenatal Yoga w/Brandy				

\*Pre-registration is required for all classes, specialty classes, workshops and trainings.

Virtual indicates class is offered virtually ONLY. No In-Studio option for this class at this time.

Please visit our website for the most up to date schedule, workshops, class descriptions, teacher bios and more.

Schedule is subject to change. Additional classes will be added as needed. Please tell us what you would like to see and when!

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