



Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am		Flow South Portland Flow Falmouth	Flow South Portland Flow Falmouth	Flow South Portland Flow Falmouth	Flow South Portland		
7:30am	Flow Falmouth			Flow Falmouth		Mat Conditioning South Portland Flow Falmouth	Flow South Portland Flow Falmouth
9:00am	Flow Falmouth	Flow Falmouth	Flow Falmouth	Flow Falmouth	Flow Falmouth	Flow South Portland Flow Falmouth	Flow South Portland Flow Falmouth
9:30am	Flow South Portland	Flow South Portland	Flow South Portland	Flow South Portland	Flow South Portland		
10:30am			Deep Stretch Falmouth			Yin Falmouth	
11:00am						Flow South Portland	Flow South Portland Flow Falmouth
12:00pm	Flow South Portland Flow Falmouth	Flow South Portland Flow Falmouth	Mat Conditioning South Portland Flow Falmouth	Flow South Portland Flow Falmouth	Flow South Portland Flow Falmouth		
2:30pm	Deep Stretch South Portland		Deep Stretch South Portland		Deep Stretch South Portland		
4:00pm	Flow South Portland	Flow South Portland	Flow South Portland	Flow South Portland	Flow South Portland	Flow South Portland	Flow South Portland Beginner's Series Falmouth
4:30pm	Flow Falmouth	Flow Falmouth	Flow Falmouth	Flow Falmouth	Fundamentals Flow Falmouth		
5:30pm	Flow South Portland	Yin South Portland	Flow South Portland	Flow South Portland	Rotating Gentle Class South Portland		Deep Stretch South Portland Yin Falmouth
6:00pm	Prenatal Series Falmouth	Flow Community Class Falmouth	Flow Falmouth	Yin Falmouth			
7:00pm		Flow South Portland	Flow Community Class South Portland		greenerposturesyoga.com		

Schedule is subject to change. Some classes are seasonal. Check the website for the most current class information.

Doors open 20 minutes before class and we lock the doors at the time of class.