



DANJA YOGA

WEEKLY OPEN CLASSES  
*Schedule*

1125 OAK STREET, COLUMBUS, OH 43205

DANJAYOGA.COM

614.947.0629

SUN

**SUNDAY SLOW FLOW**  
9:30AM - 10:30AM  
NIECY WILKERSON

**STRETCH & STRENGTHEN**  
10:45AM - 11:45AM  
CORINNE TAYLOR

**ALL LEVELS VINYASA**  
11AM - 12PM  
MELI MACK

**BREATH & MEDITATION** ☸  
12PM - 1PM  
DANIEL SERNICOLA

**SOUL POWER SUNDAY**  
1PM - 2PM  
MALIK WILLOUGHBY

**RESTORATIVE YOGA** ◆☸  
6PM - 7:15PM  
IBELIZ GUADALUPE

**MEN'S YOGA**  
6PM - 7:15PM  
DANIEL SERNICOLA/JACOB HAYS

MON

**SLOW FLOW** ◆  
3PM - 4PM  
BARBARA HELD

**CORE CENTERED FLOW**  
5:30PM - 6:30PM  
ADAM GROSSHANDLER

**YOGA BASICS** ◆  
5:45PM - 6:45PM  
NIECY WILKERSON

**MOVEMENT MANTRA MEDITATION** ☸  
6:30PM - 7:30PM  
KELLY LOCKER

TUE

**RISE & SHINE YOGA**  
7AM - 8AM  
HAYLEY HARMON

**YOGA & MEDITATION** ◆☸  
9AM - 9:45AM  
DANIEL SERNICOLA

**MID-DAY FLOW**  
12PM - 12:45PM  
DANIEL SERNICOLA

**FLEX & FLOW** \*  
5:30PM - 6PM  
DARIN FULKS

**YOGA BASICS**  
6PM - 7PM  
MONICA LEWIS

**YIN** ◆☸  
7PM - 8PM  
ANDY KING

WED

**SLOW FLOW** ◆  
3PM - 4PM  
BARBARA HELD

**CORE CENTERED FLOW**  
5:30PM - 6:30PM  
ADAM GROSSHANDLER

**HATHA**  
5:45PM - 6:45PM  
GAIL LARNED

**YOGA BASICS** ◆  
6PM - 7PM  
JACOB HAYS

**VINYASA**  
6:45PM - 8PM  
SALLY WALSH ROBERTS

**RESTORATIVE YOGA** ◆☸  
7PM - 8PM  
IBELIZ GUADALUPE

THU

**YOGA & MEDITATION** ◆☸  
9AM - 9:45AM  
DANIEL SERNICOLA

**MID-DAY FLOW**  
12PM - 12:45PM  
DANIEL SERNICOLA

**YOGA BASICS**  
5PM - 6PM  
SHAYLA KRECKLOW

**HOT VINYASA** \*  
6PM - 7PM  
ANDY KING

**CARE**  
6:30PM - 7:30PM  
MATT BOWER  
(1ST & 3RD THURS)

**THURSDAY WIND DOWN**  
7PM - 8PM  
ERIN LOMBARDO

FRI

**YOGA & MEDITATION** ◆☸  
9AM - 9:45AM  
DANIEL SERNICOLA

**YOGA FOR SENIORS** ◆  
10AM - 11AM  
GAIL LARNED

**MID-DAY FLOW**  
12PM - 12:45PM  
DANIEL SERNICOLA

**FRIDAY FLOW**  
5PM - 6PM  
KELLY LOCKER

**CORE CENTERED FLOW**  
5:30PM - 6:30PM  
ADAM GROSSHANDLER

SAT

**FLEX & FLOW**  
9AM - 10AM  
DARIN FULKS

**ASHTANGA**  
9:30AM - 10:45AM  
GAIL LARNED

**YOGA BASICS** ◆  
10:15AM - 11:15AM  
JACOB HAYS

**HOT VINYASA** \*  
11:30AM - 12:30PM  
SALLY WALSH ROBERTS

**ALL LEVELS VINYASA**  
12:15PM - 1:15PM  
NATHAN SIMBECK

◆ Suitable for Beginners \* Heated Class ☸ Mindfulness/Meditation

Please pre-register for all classes at [www.DanjaYoga.com](http://www.DanjaYoga.com) or the MindBody App/Online. Schedule is subject to change. Please check [www.DanjaYoga.com](http://www.DanjaYoga.com) for the most up-to-date information.