



MAY YOGA SCHEDULE

189 THE GROVE DR, LOS ANGELES, CA
@ALOSANGELES

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

10:30AM **1**
ALL LEVELS VINYASA
Katie Baki

12:00PM
ALL LEVELS VINYASA
Nikki Norenberg

5:30PM
ALL LEVELS VINYASA
Marie Grujicic-Delage

7:00PM
MEDITATION
Harper Botorowicz

10:30AM **2**
ALL LEVELS VINYASA
Trey Jones

12:00PM
ALL LEVELS VINYASA
Hiro Landazuri

7:45PM
ALL LEVELS VINYASA
Shayla Quinn

10:30PM **3**
ALL LEVELS VINYASA
Katie Baki

12:00PM
THE BOYS
OF SUMMER*
JJ Cook

5:30PM
ALL LEVELS VINYASA
Marie Grujicic-Delage

10:30AM **4**
ALL LEVELS VINYASA
Deandre Sinette

12:00PM
ALL LEVELS
VINYASA-HIP HOP
Katie Baki

4:30PM
ALL LEVELS VINYASA
Shayla Quinn

SUNDAY

MONDAY

TUESDAY

10:30AM **5**
ALL LEVELS VINYASA
Marie Grujicic-Delage

12:00PM
ALL LEVELS VINYASA
Nikki Norenberg

10:30AM **6**
ALL LEVELS VINYASA
Katie Baki

12:00PM
ALL LEVELS VINYASA
JJ Cook

5:30PM
ALL LEVELS VINYASA
Marie Grujicic-Delage

7:00PM
YIN-MEDITATION
Harper Botorowicz

10:30AM **7**
ALL LEVELS VINYASA
Trey Jones

12:00PM
ALL LEVELS VINYASA
Hiro Landazuri

7:45PM
ALL LEVELS VINYASA
Shayla Quinn

10:30AM **8**
ALL LEVELS VINYASA
Katie Baki

12:00PM
ALL LEVELS VINYASA
JJ Cook

5:30PM
ALL LEVELS VINYASA
Marie Grujicic-Delage

7:00PM
MEDITATION
Jacqueline Manalastas

10:30AM **9**
ALL LEVELS VINYASA
Trey Jones

12:00PM
ALL LEVELS VINYASA
Hiro Landazuri

7:45PM
ALL LEVELS VINYASA
JJ Cook

10:30PM **10**
ALL LEVELS VINYASA
Katie Baki

12:00PM
THE BOYS
OF SUMMER*
JJ Cook

5:30PM
ALL LEVELS VINYASA
Marie Grujicic-Delage

10:30AM **11**
ALL LEVELS VINYASA
Deandre Sinette

12:00PM
ALL LEVELS
VINYASA-HIP HOP
Katie Baki

4:30PM
ALL LEVELS VINYASA
Lucas Parada

10:30AM **12**
ALL LEVELS VINYASA
Marie Grujicic-Delage

12:00PM
ALL LEVELS VINYASA
Nikki Norenberg

10:30AM **13**
ALL LEVELS VINYASA
Katie Baki

12:00PM
ALL LEVELS VINYASA
JJ Cook

5:30PM
ALL LEVELS VINYASA
Marie Grujicic-Delage

7:00PM
YIN-MEDITATION
Harper Botorowicz

10:30AM **14**
ALL LEVELS VINYASA
Trey Jones

12:00PM
ALL LEVELS VINYASA
Hiro Landazuri

7:45PM
ALL LEVELS VINYASA
Shayla Quinn

10:30AM **15**
ALL LEVELS VINYASA
Katie Baki

12:00PM
ALL LEVELS VINYASA
Nikki Norenberg

5:30PM
ALL LEVELS VINYASA
Marie Grujicic-Delage

7:00PM
MEDITATION
Harper Botorowicz

10:30AM **16**
ALL LEVELS VINYASA
Trey Jones

12:00PM
ALL LEVELS VINYASA
Hiro Landazuri

7:45PM
ALL LEVELS VINYASA
Shayla Quinn

10:30PM **17**
ALL LEVELS VINYASA
Katie Baki

12:00PM
THE BOYS
OF SUMMER*
JJ Cook

5:30PM
ALL LEVELS VINYASA
Marie Grujicic-Delage

10:30AM **18**
ALL LEVELS VINYASA
Deandre Sinette

12:00PM
ALL LEVELS
VINYASA-HIP HOP
Katie Baki

4:30PM
ALL LEVELS VINYASA
Shayla Quinn

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|---|
| <p>10:30AM 19 ALL LEVELS VINYASA Lucas Parada</p> <p>12:00PM ALL LEVELS VINYASA Nikki Norenberg</p> | <p>10:30AM 20 ALL LEVELS VINYASA Katie Baki</p> <p>12:00PM ALL LEVELS VINYASA JJ Cook</p> <p>5:30PM ALL LEVELS VINYASA Lucas Parada</p> <p>7:00PM YIN-MEDITATION Jacqueline Manalastas</p> | <p>10:30AM 21 ALL LEVELS VINYASA Trey Jones</p> <p>12:00PM ALL LEVELS VINYASA Hiro Landazuri</p> <p>7:45PM ALL LEVELS VINYASA Shayla Quinn</p> | <p>10:30AM 22 ALL LEVELS VINYASA Katie Baki</p> <p>12:00PM ALL LEVELS VINYASA Nikki Norenberg</p> <p>5:30PM ALL LEVELS VINYASA Lucas Parada</p> <p>7:00PM MEDITATION Jacqueline Manalastas</p> | <p>10:30AM 23 ALL LEVELS VINYASA Ashley Shubert</p> <p>12:00PM ALL LEVELS VINYASA Hiro Landazuri</p> <p>7:45PM ALL LEVELS VINYASA Shayla Quinn</p> | <p>10:30PM 24 ALL LEVELS VINYASA Katie Baki</p> <p>12:00PM THE BOYS OF SUMMER* JJ Cook</p> <p>5:30PM ALL LEVELS VINYASA Marie Grujicic-Delage</p> | <p>10:30AM 25 ALL LEVELS VINYASA Deandre Sinette</p> <p>12:00PM ALL LEVELS VINYASA-HIP HOP Katie Baki</p> <p>4:30PM ALL LEVELS VINYASA Shayla Quinn</p> |
| <p>10:30AM 26 ALL LEVELS VINYASA Marie Grujicic-Delage</p> <p>12:00PM ALL LEVELS VINYASA Nikki Norenberg</p> | <p>HAPPY 27 MEMORIAL DAY</p> <p>10:30AM ALL LEVELS VINYASA Katie Baki</p> <p>12:00PM ALL LEVELS VINYASA JJ Cook</p> | <p>10:30AM 28 ALL LEVELS VINYASA Renee Canzeroni</p> <p>12:00PM ALL LEVELS VINYASA Hiro Landazuri</p> <p>7:45PM ALL LEVELS VINYASA Hiro Landazuri</p> | <p>10:30AM 29 ALL LEVELS VINYASA Katie Baki</p> <p>12:00PM ALL LEVELS VINYASA Nikki Norenberg</p> <p>5:30PM ALL LEVELS VINYASA Marie Grujicic-Delage</p> <p>7:00PM MEDITATION Harper Botorowicz</p> | <p>10:30AM 30 ALL LEVELS VINYASA Trey Jones</p> <p>12:00PM ALL LEVELS VINYASA Hiro Landazuri</p> <p>7:45PM ALL LEVELS VINYASA Shayla Quinn</p> | <p>10:30PM 31 ALL LEVELS VINYASA Katie Baki</p> <p>12:00PM THE BOYS OF SUMMER* JJ Cook</p> <p>5:30PM ALL LEVELS VINYASA Marie Grujicic-Delage</p> | |

* SPECIAL CLASS/WORKSHOP

alo

MAY YOGA SCHEDULE

189 THE GROVE DR, LOS ANGELES, CA

FIND US ONLINE ON MINDBODY

AT ALO YOGA