Stillwater Yoga — class schedule

WEEK OF NOVEMBER 2, 2026

Day	Time	Class	Teacher
Monday	6:45–7:45am	Vinyasa	Maya Chen
	6:30–7:45pm	Yin	Jordan Lee
Tuesday	7:00–8:00am	Vinyasa	Maya Chen
	6:30–7:30pm	Beginners Vinyasa	Sam Okonkwo
Wednesday	12:15–1:00pm	Vinyasa	Maya Chen
	6:45–7:45pm	Restorative	Jordan Lee
Thursday	7:00–8:00am	Vinyasa	Maya Chen
	6:30–7:45pm	Yin	Jordan Lee
Friday	7:00–8:00am	Vinyasa	Maya Chen
	6:00–7:00pm	Restorative	Jordan Lee
Saturday	9:00–10:00am	Vinyasa	Sam Okonkwo
	11:00am–12:00pm	Beginners Vinyasa	Sam Okonkwo
	12:30–1:45pm	Yin	Jordan Lee
Sunday	9:30–10:30am	Vinyasa	Sam Okonkwo
	12:00–1:15pm	Restorative	Jordan Lee

Please arrive 10 minutes early. Mats and props available.