

monday

tuesday

wednesday

thursday

friday

saturday

sunday

6:00 am
Warm Sunrise Yoga

9:30 am
Hot Flow & Yin

10:00 am
Yoga Core

11:30 am
Gentle Yoga

4:30 pm
Hot Yoga Flow

4:30 pm
Tween Yoga

6:00 pm
Akhanda Restorative
Flow

6:00 pm
Hot Inspired Flow

7:30 pm
Warm Yin

9:00 pm
Warm Yin & Nidra

6:00 am
Warm Sunrise Yoga

9:30 am
Yoga Flow

9:30 am
Hot Yoga Flow

11:00 am
Mom & Baby Yoga

12:00 pm
Hot Flow & Yin

4:30 pm
Warm Yoga Flow

6:00 pm
Hot Yoga Core

7:30 pm
Warm Yin

9:00 pm
Hot Yin

6:00 am
Warm Ashtanga

9:30 am
Hot Yoga Flow

10:00 am
Yoga Flow

noon-1pm
Yoga Nidra

4:30 pm
Warm Yoga Flow

5:00-5:45 pm
Yoga Nidra Reset

6:00 pm
Warm Slow Flow

7:30 pm
Hot Yoga Flow

9:00 pm
Hot Yin

6:00 am
Warm Sunrise Yoga

9:30 am
Yoga Flow

9:30 am
Hot Yoga Flow

11:00 am
Mom & Baby Yoga

12:00 pm
Hot Flow & Yin

4:30 pm
Kids Yoga ages 5-9

4:30 pm
Warm Yoga Flow

6:00 pm
Hot Hip Opening

6:30 pm
Yoga for Pregnancy

7:30 pm
Warm Lunar Flow

9:00 pm
Hot Yin

6:00 am
Warm Sunrise
Yoga

8-9:30 Classical
Kundalini

9:30 am
Hot Yoga Flow

10:00 am
Pranic Flow

12:00 pm
Yin & Nidra

4:30 pm
Hot Yoga Flow

6:00 pm
Warm Revitalize

7:30 pm
Hot Yoga Flow

9:00 am
Yoga Core

10:30 am
Hot Yoga Flow

12:00 pm
Warm Yin Yoga

1:30 pm
Warm Yoga Flow

Weekend
afternoons:

Yoga Workshops,
Retreats & Yoga
Teacher Trainings

view on the events
page of our
website!

9:00 am
Warm Core & Yin

10:30 am
Hot Yoga Core

12:00 pm
Warm Yoga Flow

1:30 pm
Warm Yin Yoga

3:00 pm
Chinese Yoga flow

6:00 pm
Hot Yoga Flow

7:30 pm
Hot Yin

7:30 pm
Yoga for Beginners

s c h e d u l e
I N S T U D I O C L A S S E S



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