



WEEKLY CLASS SCHEDULE

*****Please always check the online sign up calendar for cancellations*****

MONDAYS

4:30 pm Align & Flow w/Amy (In Studio & Zoom)

6:00 pm Warm Flow with Liz (In Studio only)

TUESDAYS

5:30 am Heated Power Yoga with Amy (In Person & Zoom)

6:00 pm Align & Flow with Amy (In Studio & Virtual)

WEDNESDAYS

5:30 am Heated Power Yoga with Amy (In Person & Zoom)

9:00 am Gently Move & Stretch w/Amy (In Person & Zoom)

6:00 pm Ashtanga Primary Series with Tina (Zoom Only)

6:00 pm Warm Yoga Flow & Stretch w/Bobbie (In person only)

THURSDAYS

9 am Align & Restore (In studio or Zoom)

4:30 pm Warm Yoga Flow with Amy (In Person & Zoom)

6:00 pm Hot Yoga Flow with Bobbie (In Person)

6:45pm Gentle Movement and Nidra with Tina (Zoom Only)

FRIDAYS

5:30 am Hot Yoga Sculpt w/weights w/Amy (In Person & Zoom)

9 am Warm Slow Flow Power Yoga

Evening pop up classes—check online sign up calendar

SATURDAYS

Pop up classes and workshops—check online sign up calendar

SUNDAYS

7:30 am Hot Yoga Flow & Stretch with Amy (In Person & Zoom)

www.amybourque.com