



WEEKLY CLASS SCHEDULE

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

MONDAYS

5:30 am Hot Conditioning Yoga (using light weights& other props) (In person)

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

6:00 pm Warm Flow (In Studio only)

TUESDAYS

5:30 am Heated Power Yoga (In person)

7 am Hot Yoga (In person)

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

WEDNESDAYS

5:30 am Heated Power Yoga (In Person)

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

6:00 pm Ashtanga Primary Series (Zoom Only)

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

THURSDAYS

9 am Align & Flow (In studio or Zoom)

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

6:00 pm Hot Yoga Flow (In Person)

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

FRIDAYS

5:30 am Hot Conditioning Yoga (using light weights& other props) (In Person)

9 am Warm Slow Power Yoga (In person & Zoom)

Evening pop up classes—check online sign up calendar

SATURDAYS

Pop up classes, events & workshops—check online sign up calendar

SUNDAYS

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

Pop up classes, events and workshop also offered on Sundays. Check online sign up calendar