



WEEKLY CLASS SCHEDULE

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

MONDAYS

6:00 pm Ashtanga Inspired Vinyasa with Tina (Zoom Only)

6:00 pm Warm Yoga Flow with Liz (In Person Only)

TUESDAYS

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

6:00 pm Align & Flow with Amy (In Person & Zoom)

WEDNESDAYS

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

9:00 am Gently Move & Stretch with Amy (In Person & Zoom) Starts Oct

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

6:00 pm Hot Yoga with Kim (In Person Only)

THURSDAYS

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

6 pm Hot Yoga with Bobbie (In Person Only)

7:30 pm Gentle Movement and Yoga Nidra with Tina (Zoom Only)

FRIDAYS

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

Bring your own weights if possible

SATURDAYS

8:30 am Yoga Sculpt with weights with Bobbie (In Person & Zoom)

Bring your own weights if possible

SUNDAYS

8 am Hot Yoga Flow & Stretch with Amy (In Person & Zoom)

www.amybourque.com