

CLASS SCHEDULE

Monday



6:00am
Vinyasa
Express

8:30am
Vinyasa I

5:30pm
Hot Power
Vinyasa

6:00pm
Barre

7:00pm
Yin Yoga

Tuesday



6:15am
Barre

9:00am
Barre

9:30am
Vin/Yin
Yoga

5:30pm
Vinyasa II

7:00pm
Gentle Yoga

Wednesday



6:00am
Vinyasa
Express

6:15am
Barre

8:30am
Heated
Vinyasa II

5:30pm
Vinyasa I

7:00pm
Restorative
Yoga

Thursday



6:15am
Barre

9:00am
Barre

9:30am
Vinyasa II

5:30pm
Vin/Yin
Yoga

6:00pm
Barre

7:00pm
Gentle Yoga

Friday



6:00am
Vinyasa
Express

6:15am
Barre

8:30am
Heated
Vinyasa II

9:45am
Yin Yoga

5:30pm
Hot Power
Vinyasa

Saturday



8:00am
Power Core

9:00am
Vinyasa II

9:45am
Barre

11:00am
Breathwork &
Reiki OR
Yin Yoga
alternates bi-weekly

Sunday



8:00am
Barre

9:00am
Hot Power
Vinyasa

11:00am
Prenatal
Yoga

4:00pm
Gentle Yoga