

MON

TUES

WED

THUR

FRI

SAT

SUN

6 am  
Hot Flow

6 am  
Hot Flow

6 am  
Hot Flow

6 am  
Hot Flow

6 am  
Hot Flow

8 am  
Morning  
Yoga

8 am  
26&2

10:30 am  
Gentle  
Yoga

10:30 am  
Gentle  
Yoga

10:30 am  
Gentle  
Yoga

10:30 am  
Gentle  
Yoga

12pm  
Sculpt

9 am  
Hot  
Flow

10 am  
Hot  
Flow

4:30 pm  
Hot Flow

4:30 pm  
Hot Flow

4 pm  
26&2

4 pm  
Community  
Class

5 pm  
Sculpt

5:30pm  
Yoga  
Fundamentals

5:30 pm  
\$5 Yoga

5:15 pm  
Meditation  
\*every other week

6 pm  
26&2

6 pm  
Hot Flow

6 pm  
26&2

6 pm  
Hot Flow

6 pm  
26&2

6:30 pm  
Contemporary  
Hatha

7:30 pm  
Kirtan



COMMON PEOPLE YOGA

- SALEM, OR -



AUG  
2024