

MON TUES WED THUR FRI SAT SUN

6 AM
HOT FLOW

6 AM
26&2

6 AM
HOT FLOW

6 AM
26&2

6 AM
HOT FLOW

8 AM
MORNING
YOGA

8:30 AM
HOT FLOW

10 AM
HOT FLOW

8:30 AM
FEEL GOOD
FLOW

10 AM
HOT FLOW

10:30 AM
GENTLE
YOGA

10:30 AM
GENTLE
YOGA

10:30 AM
GENTLE
YOGA

10:30 AM
GENTLE
YOGA

10:30 AM
YIN

12PM
HOT
PILATES

12PM
SCULPT

12PM
SCULPT

4:30 PM
HOT FLOW

4:15PM
HOT FLOW

4:30 PM
HOT FLOW

4:15PM
HOT FLOW

4 PM
26&2

4 PM
COMMUNITY
YOGA

5:30 PM
\$5 YOGA

5:15 PM
MEDITATION

6 pm
26&2

6 PM
HOT FLOW

6 PM
26&2

6 pm
HOT POWER
FLOW

6 pm
FEEL GOOD
FLOW

6:30PM
HOT FLOW

7:30 PM
KIRTAN

6:30 PM
CONTEMPORARY
HATHA

7pm
YIN

