

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

7:15 am
Meditation

8:30 am
Hot Flow

9 am
Yin

10:30 am
Gentle
Yoga

10:30 am
Gentle
Yoga

10:30 am
Gentle
Yoga

10:30 am
Gentle
Yoga

10:30 am
Gentle
Yoga

10 am
Hot
Flow

10 am
Hot
Flow

4:30 pm
Hot Flow

4:30 pm
Hot Flow

4 pm
Kids Yoga

12pm
Sculpt

4 pm
Community
Class

5:30 pm
\$5 Yoga

5 pm
Sculpt

5:30 pm
Yoga
Fundamentals

5 pm
Sculpt

4:30 pm
Hot Flow

6 pm
26&2

6 pm
Hot Flow

6 pm
26&2

6 pm
Hot Flow

5:30 pm
\$5 Yoga

6:30 pm
Contemporary
Hatha

6:30pm
Flow &
Restore

6 pm
26&2

7:30 pm
Kirtan



COMMON PEOPLE YOGA

- SALEM, OR -



APR
2024