

MON

TUES

WED

THUR

FRI

SAT

SUN

5:30 am
Sunrise Flow

5:30 am
Sunrise Flow

6 am
Hot Flow

6 am
Ashtanga

6 am
Hot Flow

6 am
Ashtanga

6 am
Hot Flow

8 am
Hatha

10 am
Hot Flow

10 am
Hot Flow

8:30 am
Hot Flow

8:30 am
Feel Good
Flow

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

12pm
Sculpt

12pm
Sculpt

10:30 am
Yin

4:30 pm
Hot Flow

4:30 pm
Hot Flow

4:30 pm
Hot Power
Flow

1 pm
Hatha

4 pm
26&2

4 pm
Community
Yoga

6 pm
Flow &
Strength

6 pm
Hot Flow

5:30 pm
Flow &
Strength

4:30 pm
Hot Flow

5:30 pm
\$5 Yoga

5:15 pm
Meditation

6 pm
26&2

6:30 pm
Contemporary
Hatha

6 pm
26&2

6 pm
Hot Power
Flow

6 pm
26&2

7:30 pm
Kirtan



COMMON PEOPLE YOGA

- SALEM, OR -



JAN
2025