

MON

TUE

WED

THU

FRI

SAT

SUN

6 am  
Hot  
Flow

6 am  
Hot  
Flow

6 am  
Hot  
Flow

6 am  
Hot  
Flow

6 am  
Hot  
Flow

8:30 am  
Hot  
Sculpt

8:30 am  
Hot  
60

10:30 am  
Common  
People Yoga

9 am  
HIIT &  
Flow

10:30 am  
Common  
People Yoga

9 am  
HIIT &  
Flow

5:30 pm  
\$5 Friday  
Yoga

9 am  
Common  
People Yoga

9 am  
Yin  
Yoga

4:30 pm  
Hot  
Flow

10:30 am  
Gentle  
Yoga

4:30 pm  
Hot  
Flow

10:30 am  
Gentle  
Yoga

6 pm  
Hot  
90

10 am  
Hot  
Flow

10 am  
Hot  
Flow

5:30 pm  
Common  
People Yoga

5 pm  
Hot  
Sculpt

5:30 pm  
Yoga Funda-  
mentals

5 pm  
Hot  
Sculpt

7:30 pm  
Music,  
Meditation,  
& Relaxation

4 pm  
Community  
Class

6 pm  
Hot  
75

6 pm  
Common  
People Yoga

6 pm  
Hot  
75

6 pm  
Yin  
Yoga

6:30 pm  
Hot  
Flow

6:30 pm  
Powerful  
Flow

6:30 pm  
Hot Flow  
Jams

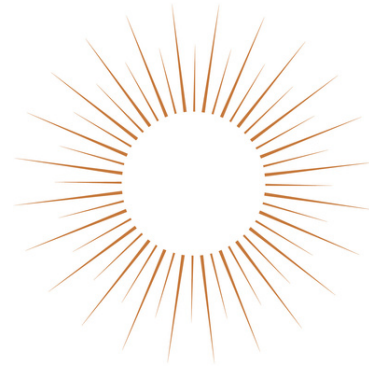


COMMON PEOPLE YOGA

- SALEM, OR -



FALL  
2023



COMMON PEOPLE YOGA

- SALEM, OR -

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