

Weekly Schedule – Effective Jan 1st, 2026

ALL ONSITE CLASSES CAN BE ATTENDED REMOTELY ONLINE VIA ZOOM

	MON	TUES	WED	THUR	FRI	SAT	SUN
AM	Gentle Yoga 9:15 - 10:15am	* Vinyasa Moderate (Themed) 9 - 10am	Gentle Yoga 9 - 10am	Vinyasa Gentle 9:15 - 10:15am	Gentle Yoga 9 - 10am	Vinyasa Gentle 9 - 10am	Yin Yoga 9 - 10:15am
						* Vinyasa Moderate 10:15 - 11:30am	* Vinyasa Flow 10:30 - 11:45am
Noon	* Power 12 - 1pm	Gentle Yoga 12 - 1pm	* Vinyasa Moderate 12 - 1pm	* Power 12 - 1pm	* Power 12 - 1pm	Gentle Yoga Prenatal 11:45 - 12:45pm	Vinyasa Gentle 12 - 1pm
Evening	Yin Yoga (Themed) 5:30 - 6:30pm	* Vinyasa Moderate 5:30 - 6:30pm	Yin Yoga (Themed) 5:30 - 6:30pm	Gentle Yoga 5:30 - 6:30pm	Vinyasa Gentle 5:30 - 6:30pm		
	* Vinyasa Moderate 6:45 - 7:45pm	Vinyasa Gentle 6:45 - 7:45pm	* Vinyasa Moderate (Themed) 6:45 - 7:45pm	* Vinyasa Flow 6:45 - 8pm	* Vinyasa Moderate (Themed) 6:45 - 7:45pm		

* Heated

