

WEEKLY SCHEDULE – EFFECTIVE MAY 1ST, 2025

ALL ONSITE CLASSES CAN BE ATTENDED REMOTELY ONLINE VIA ZOOM

FREMONT – BLUE ROOM SCHEDULE

	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM							
AM	Gentle Yoga 9:15 - 10:15am	Vinyasa Moderate (Themed) 9 - 10am	Gentle Yoga 9 - 10:10am	Vinyasa Gentle 9:15 - 10:15am	Gentle Yoga 9 - 10:10am	Intro To Ashtanga 9 - 10:15am	VinyasaFlow (Themed) 9 - 10:15am
						Vinyasa Moderate 10:45 - 12pm	Vinyasa Moderate 10:45 - 11:45am
Evening	Yin Yoga (Themed) 5:30 - 6:45pm	VinyasaGentle 5:30 - 6:30pm	Yin Yoga (Themed) 5:30 - 6:45pm	Vinyasa Moderate 5:30 - 6:30pm			
		Vinyasa Moderate 6:45 - 7:45pm			Vinyasa Moderate (Themed) 6 - 7pm		
	Vinyasa Moderate (Themed) 7 - 8pm		Vinyasa Moderate (Themed) 7 - 8pm	VinyasaFlow (Themed) 7 - 8:15pm			

Heated

FREMONT – GREEN ROOM SCHEDULE

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

Heated

