


















FREMONT ONSITE CLASSES

WEEKLY ONSITE CLASS SCHEDULE - EFFECTIVE TILL APRIL 30TH, 2025

ALL ONSITE CLASSES CAN BE ATTENDED REMOTELY

	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM							
AM	 Gentle Yoga 9:15 - 10:15am		 HathaGentle 9 - 10:10am		 HathaGentle 9 - 10:10am		 Yin Yoga 9:30 - 10:45am
						 Power 10- 11am	
						 Gentle Yoga / Prenatal 10:30 - 11:45am	 VinyasaGentle 10:45 - 11:45pm
Evening	 Yin Yoga (Themed) 5:30 - 6:45pm	 VinyasaGentle 5:30 - 6:30pm	 Yin Yoga (Themed) 5:30 - 6:45pm	 GentleYoga 6 - 7pm	 Vinyasa Moderate 6 - 7pm		
		 Vinyasa Moderate 6:45 - 7:45pm	 VinyasaGentle 6:45 - 8pm				
	 Vinyasa Moderate (Themed) 7 - 8pm			 Vinyasa Flow (Themed) 7 - 8:15pm			

 Held In Green Room

 Held In Blue Room













 Heated

37353 Fremont Blvd • Fremont, CA 94536 • (510) 796-9642 • worldsyoga.com/fremont-schedule/

UNION CITY ONSITE CLASSES

WEEKLY ONSITE CLASS SCHEDULE - EFFECTIVE TILL APRIL 30TH, 2025

ALL ONSITE CLASSES CAN BE ATTENDED REMOTELY

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

 Heated

30981 Watkins St • Union City, CA 94587 • (510) 796-9642 • worldsyoga.com/union-city-schedule/schedule