

JUNE WEEKLY ONLINE CLASS SCHEDULE - EFFECTIVE JUNE 16TH - 30TH, 2021

Please see our live schedule online for the latest updates



	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM	FREE Community Pranayama 7 - 8am		Sunrise Flow 7:15 - 8:15am		Sunrise Flow 7:15 - 8:15am		
AM	Vinyasa Gentle 8:30 - 9:30am	Vinyasa Moderate (Themed) 8:30 - 9:30am	Hatha Gentle 9 - 10:10am	Vinyasa Moderate (Themed) 8:30 - 9:30am	Hatha Gentle 9 - 10:10am	Ashtanga 9 - 10:30am	Progressive Power 9 - 10:15am
						Vinyasa Moderate 9:30 - 10:15pm	Yin Yoga 9:30 - 10:45am
						Gentle Yoga / Prenatal 10:30 - 11:45am	Vinyasa Gentle 10:45 - 12pm
							Restorative 11 - 12:15pm
Noon	Power Yoga 12 - 1pm	Hatha Gentle 12 - 1:15pm		Power Yoga 12 - 1pm			
Evening	Yin Yoga (Themed) 5:30 - 6:45pm	Vinyasa Fusion(VF) (Themed) 5 - 6:15pm	Yin Yoga (Themed) 5:30 - 6:45pm	Vinyasa Fusion(VF) (Themed) 5 - 6:15pm	Vinyasa ALL Level 5 - 6:15pm		
		Vinyasa Gentle 5:45 - 7pm	Ashtanga Inspired 5:45 - 7pm	Haha Gentle 5:45 - 7pm			
	Vinyasa Fusion(VF) (Themed) 6:30 - 7:45pm	Vinyasa Flow 6:30 - 7:45pm	Vinyasa Moderate 6:30 - 7:45pm	Vinyasa Flow 6:30 - 7:45pm			

JULY WEEKLY ONLINE CLASS SCHEDULE - EFFECTIVE JULY 1ST - 31ST, 2021

Please see our live schedule online for the latest updates



	MON	TUES	WED	THUR	FRI	SAT	SUN
Early AM	FREE Community Pranayama 7 - 8am		Sunrise Flow 7:15 - 8:15am		Sunrise Flow 7:15 - 8:15am		
AM	Vinyasa Gentle 9:15 - 10:30am Starts 7/12/21	Vinyasa Moderate (Themed) 9:15 - 10:30am Starts 7/6/21	Hatha Gentle 9-10:10am	Vinyasa Moderate (Themed) 9:15 - 10:30am	Hatha Gentle 9-10:10am	Vinyasa Moderate 9 - 10:15pm	Progressive Power 9-10:15am
						Ashtanga 9-10:30am	Yin Yoga 9:30 - 10:45am
						Gentle Yoga / Prenatal 10:30 - 11:45am	Vinyasa Gentle 10:45 - 12pm
						Hatha Gentle 11 - 12:15pm Starts 7/10/21	Restorative 11 - 12:15pm
Noon	Power Yoga 12 - 1pm	Hatha Gentle 12 - 1:15pm			Power Yoga 12-1pm		
Evening	Yin Yoga (Themed) 5:30 - 6:45pm		Yin Yoga (Themed) 5:30 - 6:45pm		Vinyasa ALL Level 5 - 6:15pm		
		Vinyasa Gentle 5:45 - 7pm	Ashtanga Inspired 5:45 - 7pm	Haha Gentle 5:45 - 7pm			
		Vinyasa Fusion(VF) (Themed) 6 - 7:15pm Starts 7/6/21	Vinyasa Moderate 6 - 7:15pm Starts 7/7/21	Vinyasa Fusion(VF) (Themed) 6 - 7:15pm			
	Vinyasa Fusion(VF) (Themed) 6:30 - 7:45pm	Vinyasa Flow 6:30 - 7:45pm		Vinyasa Flow 6:30 - 7:45pm			