



Monday

8:30	MINDFUL, STRONG VINYASA	75 min Tricia
10:15	SWEET & LOW DOWN (ALL LEVEL)	75 min Tricia
11:45	Pause + RECONNECT Meditation (*FREE*)	15 min Tricia
6:15	DEEP STRETCH & SOUND BATH (ALL LVL)	65 min Tricia

Tuesday

8:30	VINYASA HOUR	60 min Nora
10:15	BEGINNER	75 min Tricia
5:15	FEEL GOOD FLOW	60 min Kathy
6:45	YIN HOUR	60 min Kathy

Wednesday

8:30	MINDFUL, STRONG VINYASA	75 min Nora
10:15	SWEET & LOW DOWN (ALL LEVEL)	75 min Nora
5:30	CORE EXPLORE PILATES&FUNCTIONAL MVMT	60 min Tricia
7:00	CANDLELIGHT RESTORE: YIN + BREATH	65 min Tricia

Thursday

8:30	VINYASA HOUR	60 min Tricia
10:15	SWEET & LOW DOWN (ALL LEVEL)	75 min Claudia
6:30	YIN / RELAXATION	75 min Kim

Friday

8:30	MINDFUL, STRONG VINYASA	75 min Tricia
10:15	YIN / GENTLE	75 min Claudia

Saturday

8:30	GET ZEN for \$10 : VINYASA	60 min Tricia
10:00	BEGINNER	60 min Margaret

Sunday

9:30	SOULFULL SUNDAY FLOW	75 min Kathy
6:00	YIN / RELAXATION	75 min Kim

****ALL CLASSES** are IN STUDIO & ON ZOOM (Class recordings can be made available!)

Check our EVENTS PAGE for special classes and events