



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
6:00	DEEP STRETCH & SOUND BATH (ALL LVL)	60 min Tricia

Tuesday

8:30	VINYASA HOUR	60 min Nora
10:00	BEGINNER	65 min Tricia
11:30	YIN + MYO-FASCIAL MAGIC	60 min Tricia
5:15	FEEL GOOD FLOW	65 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	\$10 CORE EXPLORE PILATES	55 min Tricia
6:45	YIN YOGA FOR THE SPINE	65 min Tricia

Thursday

8:30	VINYASA HOUR	60 min Tricia
10:00	SWEET & LOW DOWN (ALL LEVEL)	75 min Claudia
5:15	YOGA FOR HAPPY HIPS 😊	60 min Staff

Friday

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

Saturday

9:00	\$10 COMMUNITY VINYASA	60 min Patti
10:30	BEGINNER	60 min Patti

Sunday

9:30	SOULFULL SUNDAY FLOW	75 min Kathy
4:30	FEEL GOOD FLOW	60 min Alex
6:00	CANDLELIT YIN YOGA	75 min Alex

****ALL CLASSES are IN STUDIO & ON ZOOM (Class recordings can be made available!)
Check our EVENTS PAGE for special classes and events**