

STUDIO 1 – HOT STUDIO

MONDAY

9:30 am – 10:45 am – Hot Karuna Flow Yoga – Lisa
4:30 pm – 5:30 pm – Hot Hatha Yoga – Becky
6:00 pm – 7:15 pm – Warm Karuna Yoga – Daryan
7:30 pm – 8:30 pm – Warm Integral Stretch – Lisa

TUESDAY

9:30 am – 10:45 am – Hot Flow Yoga – Lisa
4:30 pm – 5:30 pm – Warm Flow Yoga – Jen
6:00 pm – 7:15 pm – Hot Vinyasa Flow Yoga – Andrea
7:30 pm – 8:30 pm – Warm Hatha Yoga – Navid

WEDNESDAY

9:30 am – 10:45 am – Feel the Flow Yoga - Becky
4:30 pm – 5:30 pm – Hot Hatha Yoga – Harry
6:00 pm – 7:15 pm – Warm Flow Yoga – Deanne
7:30 pm – 8:30 pm – Hot Yin Yoga – Annelise

THURSDAY

9:30 am – 10:45 am – Warm Karuna Yoga – Lisa
11:00am - 3:00 pm - Private One on One and Group Bookings
6:00 pm – 7:15 pm – Feel the Flow Yoga - Becky
7:30 pm – 8:30 pm – Warm Hatha - Janet

FRIDAY

9:30 am – 10:45 am – Hot Flow Yoga – Becky
4:30 pm – 5:45 pm – Warm Yoga - Harry

SATURDAY

9:30 am – 10:45 am – Warm Hatha Yoga – Kari
11:00 am - 12:15 pm - Hot Flow Yoga – Harry

SUNDAY

9:30 am – 10:45 am – Warm Flow Yoga – Delanie
11:00 – 12:15 pm – Hot Hatha Yoga – Delanie
7:00 pm – 8:00 pm - Warm Candlelight Yin Yoga - Annelise

STUDIO 2 – REGULAR TEMPERATURE STUDIO

MONDAY

9:30 am - 10:30 am - Yoga - Harry
11:00 am - 4:00 pm - Private One on One and Group Bookings
4:15 pm - 5:15 pm - Suspension Yoga for Kids - Annelise -Registered
5:30 pm - 6:45 pm - Vinyasa Yoga - Lisa
7:00 pm – 8:00 pm – Prenatal Yoga -Jill - Registered

TUESDAY

9:30 am – 10:45 am – Hatha Yoga – Kari
11:00 am - 4:00 pm - Private One on One and Group Bookings
4:15 pm - 5:15 pm - Suspension Yoga for Teens - Annelise -Registered
5:30 pm – 6:30 pm - Suspension Yoga - Annelise
6:45 pm – 7:45 pm – Gentle Hatha Yoga – Daryan

WEDNESDAY

9:30 am - 10:45 am - Integral Mind - Lisa
11:00 am - 4:00 pm - Private One on One and Group Bookings
4:15 pm - 5:15 pm - Suspension Yoga for Teens - Annelise -Registered
5:30 pm - 6:30 pm - Integral Strength - Lisa
6:45 pm - 7:45 pm - Integral Mind - Lisa

THURSDAY

9:30 am – 10:45 am – Yang Yin Yoga – Kari
Noon - 1:00 pm - Yogabilities - Kari
1:00 pm - 3:00 pm - Private One on One and Group Bookings
4:15 pm - 5:15 pm - Suspension Yoga for Kids - Annelise -Registered
5:30 pm – 6:30 pm – Vinyasa Yoga – Katherine
7:00 pm - 8:00 pm - Reiki Yoga - Claire

FRIDAY

9:30 am – 10:30 am – Integral Strength – Lisa
4:15 pm - 5:15 pm - Suspension Yoga for Kids - Annelise -Registered

SATURDAY

9:30 am – 10:45 am – Karuna Yoga – Lisa
11:15 am - 12:15 pm - Kids Yoga - Kari - Registered
12:30 pm - 1:30 pm - Beginner Yoga Sampler - Kari - Registered

SUNDAY

9:30 am – 10:30 am – Suspension Yoga – Katherine
11:00 am – Noon – Restorative Yoga – Katherine