



HQ

SCHEDULE

SUNDAY

- 9:30A MINDFUL MOVEMENT
- 10:45 BEGINNER YOGA
- 12:30P FLOW + RESTORE
- 3P VINYASA
- 4:30P GENTLE YOGA + YIN
- 6P CANDLELIT SLOW FLOW

MONDAY

- 9:30A GENTLE + WALL
- 11A VINYASA
- 4P VINYASA: ROLL + RELEASE
- 5:30P FUNCTIONAL FLOW
- 6:45P FLOW + RESTORE

TUESDAY

- 8A GENTLE YOGA
- 9:30A VINYASA (ALL LEVELS)
- 11:15A FLOW + RESTORE
- 1P YIN: ROLL + RELEASE
- 3:15P YOGA FOR KIDS AGES 5-9
- 4:30P BEGINNER YOGA
- 5:45P VINYASA (ALL LEVELS)
- 7:15P YIN + RESTORE

WEDNESDAY

- 8A GENTLE + WALL
- 9:30A VINYASA (ALL LEVELS)
- 11:00A ROLL + RELEASE
- 12:15 VINYASA: ROLL + RELEASE
- 4P HAPPY HOUR FLOW(\$10)
- 5:30P GENTLE YOGA + YIN
- 6:45P VINYASA (ALL LEVEL)
- 8:15P CANDLELIGHT FLOW

THURSDAY

- 9:30A GENTLE YOGA
- 10:45A VINYASA (ALL LEVELS)
- 1P YIN: STRETCH + RELEASE
- 4:30P FUNCTIONAL FLOW
- 5:45P VINYASA (ALL LEVELS)
- 7:15P YIN: ROLL + RELEASE

FRIDAY

- 9:30A VINYASA (ALL LEVELS)
- 11A ROLL + RELEASE
- 4:30P GENTLE YOGA
- 5:45P RESTORATIVE YOGA

SATURDAY

- 9:00A VINYASA LEVEL 2
- 10:30A FLOW + RESTORE