

Yoga Schedule

	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Hot Pilates Amelia			Hot Vinyasa Amelia		Hot Hatha Dee		
8:00 AM		Warm Piloga+ Amelia		Happy Hips Amelia		Yin Dee	Warm Slow Flow Amelia or Sarah	Warm Hatha Core Joelle
9:30 AM	Warm Vinyasa Amelia	Yin Amelia		Warm Piloga Stephanie	75 Minute Restorative Lindsay	Warm Hatha Stephanie	Warm Restorative Amelia or Sarah	Warm Happy Hips Joelle
10:00 AM	Aerial Restorative Joelle						Aerial Hatha Mackenzie	Aerial Yin Jess
11:00 AM							Hot Hatha Amelia or Sarah	Hot Hatha Joelle
12:00 PM	Strength & Tone Pamela	Warm Vinyasa Joelle	Aerial Hatha Rerun Kaely	45 Minute Hot Hatha Core Dee	Hot Hatha Rerun Kaely	Gentle Yin Terri		
4:30 PM	Warm Happy Hips Dee	Warm Chakra Restorative Stephanie		Warm Yin/Yin Pamela	Piloga Stephanie			75 Minute Warm Restorative Pamela
6:00 PM	Warm Hatha Core Dee	Warm Hatha Joelle		Warm Happy Hips Pamela	Warm Slow Flow Jess	Warm Pilates Amelia		
6:30 PM						Intro to Aerial Pamela		
7:00 PM	Yoga Mobility Alana	Pilates Isabella						
7:30 PM	Hot Hatha Dee	Hot Vinyasa Sarah		Hot Vinyasa Kate	Warm Yin Vicki	Warm Happy Hips Amelia		

 Relax
  Stretch
  Strengthen
  Flow

Beginner Friendly

*Please Note: Hot Classes are our most intense.