

# Yoga Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	<b>Hot Pilates</b> <i>Amelia</i>		<b>Hot Vinyasa</b> <i>Amelia</i>	<b>Warm Strength &amp; Tone</b> <i>Gail</i>	<b>Hot Hatha</b> <i>Dee</i>	<b>Warm Vinyasa</b> <i>Kate</i>	
8:00 AM		<b>Warm Piloga+</b> <i>Amelia</i>	<b>Happy Hips</b> <i>Amelia</i>		<b>Deep Yin</b> <i>Dee</i>	<b>Warm Slow Flow</b> <i>Mia, Jess, Amelia or Nancy</i>	<b>Warm Hatha Core</b> <i>Joelle</i>
9:30 AM	<b>Warm Vinyasa</b> <i>Amelia</i>	<b>Yin</b> <i>Amelia</i>	<b>Warm Piloga</b> <i>Stephanie</i>	<b>75 Minute Restorative</b> <i>Lindsay</i>	<b>Warm Hatha</b> <i>Stephanie</i>	<b>Warm Relax &amp; Unwind</b> <i>Mia, Jess, Amelia or Nancy</i>	<b>Warm Happy Hips</b> <i>Joelle</i>
11:00 AM						<b>Hot Hatha</b> <i>Mia, Jess, Amelia or Nancy</i>	<b>Hot Hatha</b> <i>Joelle</i>
12:00 PM	<b>Strength &amp; Tone</b> <i>Amelia</i>	<b>Warm Vinyasa</b> <i>Danielle</i>	<b>Hot Hatha Core</b> <i>Dee</i>	<b>Hot Hatha Rerun</b> <i>Kaely</i>	<b>Gentle Yin</b> <i>Terri</i>		
3:00 PM			<b>Warm Strength &amp; Tone</b> <i>Pamela</i>				
4:30 PM	<b>Warm Happy Hips</b> <i>Dee</i>	<b>Warm Chakra Restorative</b> <i>Stephanie</i>	<b>Warm Hatha</b> <i>Pamela</i>	<b>Piloga</b> <i>Stephanie</i>	<b>Warm Yin/Yin</b> <i>Pamela</i>	<b>Warm Hatha</b> <i>Mackenzie</i>	<b>75 Minute Warm Restorative</b> <i>Pamela</i>
6:00 PM	<b>Warm Hatha Core</b> <i>Dee</i>	<b>Warm Slow Flow</b> <i>Joelle</i>	<b>Warm Happy Hips</b> <i>Pamela</i>	<b>Warm Slow Flow</b> <i>Jess</i>	<b>Warm Relax &amp; Unwind</b> <i>Pamela</i>		
7:00 PM	<b>75 Minute Yoga Mobility</b> <i>Alana</i>			<b>Pilates</b> <i>Isabella</i>			
7:30 PM	<b>Hot Hatha</b> <i>Dee</i>	<b>Hot Vinyasa</b> <i>Rebecca</i>	<b>Hot Vinyasa</b> <i>Kate</i>	<b>Warm Yin</b> <i>Vicki</i>	<b>Warm Pilates</b> <i>Amelia</i>		
9:00 PM			<b>Hot Piloga</b> <i>Kate</i>				



Relax



Stretch



Strengthen



Flow

Beginner Friendly

\*Please Note: Hot Classes are our most intense.