

Yoga Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 AM	Hot Pilates <i>Amelia</i>		Hot Vinyasa <i>Amelia</i>		Hot Hatha <i>Dee</i>		
8:00 AM		Warm Piloga+ <i>Amelia</i>	Happy Hips <i>Amelia</i>		Yin <i>Dee</i>	Warm Slow Flow <i>Amelia or Sarah</i>	Warm Hatha Core <i>Joelle</i>
9:30 AM	Warm Vinyasa <i>Amelia</i>	Yin <i>Amelia</i>	Warm Piloga <i>Stephanie</i>	75 Minute Restorative <i>Lindsay</i>	Warm Hatha <i>Stephanie</i>	Warm Restorative <i>Amelia or Sarah</i>	Warm Happy Hips <i>Joelle</i>
10:00 AM	Aerial Restorative <i>Joelle</i>					Aerial Hatha Fly <i>Mackenzie</i>	Aerial Yin <i>Jess</i>
11:00 AM						Hot Hatha <i>Amelia or Sarah</i>	Hot Hatha <i>Joelle</i>
12:00 PM	Strength & Stability <i>Pamela</i>	Warm Vinyasa <i>Joelle</i>	Aerial Hatha Rerun <i>Kaely</i>	45 Minute Hot Hatha Core <i>Dee</i>	Hot Hatha Rerun <i>Kaely</i>	Gentle Yin <i>Terri</i>	
4:30 PM	Warm Happy Hips <i>Dee</i>	Warm Chakra Restorative <i>Stephanie</i>	Warm Vin/Yin <i>Pamela</i>	Piloga <i>Stephanie</i>			75 Minute Warm Restorative <i>Pamela</i>
5:00 PM		Aerial Hatha Fly <i>Mackenzie</i>					
5:30 PM	Hatha Strong <i>Sarah</i>						
6:00 PM	Warm Hatha Core <i>Dee</i>	Warm Hatha <i>Joelle</i>	Warm Happy Hips <i>Pamela</i>	Warm Slow Flow <i>Jess</i>	Warm Pilates <i>Amelia</i>		
6:30 PM				Pilates <i>Joelle</i>	Aerial Hatha Fly <i>Pamela</i>		
7:00 PM	Yoga Mobility <i>Alana</i>	Pilates <i>Isabella</i>					
7:30 PM	Hot Hatha <i>Dee</i>	Hot Vinyasa <i>Sarah</i>	Hot Vinyasa <i>Kate</i>	Warm Yin <i>Vicki</i>	Warm Happy Hips <i>Amelia</i>		

 Relax
  Stretch
  Strengthen
  Flow


 Beginner Friendly

*Please Note: Hot Classes are our most intense.