

Weekly Class Schedule • APRIL 2026

| SUN | MON | TUE | WED | THU | FRI | SAT |
|--|-----------------------------------|-------------------------------|--|-----------------------------------|--|---|
| | 6:30am vinyasa stephanie | 6:30am power sarah | 6:30am power lindsay | 6:30am hatha jay | 6:30am power sarah | |
| 9:00am power jay | 9:00am vinyasa cynthia | 9:00am vinyasa kristyn | 9:00am vinyasa alison | 9:00am yin alison | 9:00am vinyasa kristyn | 9:00am vinyasa katie |
| 10:30-11:45am slowflow+ yin barbie | 10:30am slow flow jen | 10:30am acu-yin tina | 10:30am chair yoga heatherP | 10:30am gentle flow larissa | 10:30am slowflow+yin emma | 10:30am gentle flow anessia |
| | 12:00pm slow+steady melanie | 12:00pm slow flow tina | 12:00pm slowflow+yin cynthia | 12:00pm yin+nidra tina | 12:00pm power heatherP | |
| POP-UP check schedule FREE 4:30pm gentle flow teacher varies | | 5:00pm slow flow elite | 4:30pm gentle flow larissa | | beginners: start with gentle flow slow flow or yin | PLEASE PREBOOK YOUR CLASS on our free mobile app or website |
| 6:00pm yin emma | 6:15pm power alison | 6:15pm deep stretch jay | 6:15pm power katie | 6:15pm slow flow heatherT | WARM classes outlined in orange are 85 degrees | check there for detailed class description |
| 7:30pm nidra jen <small>2nd + 3rd week only</small> | 7:30pm restorative alison | 7:30pm yin anessia | 7:30pm <small>1st+3rd week FREE 12-Steps 2nd week Grief Support</small> | 7:30-8:45pm restorative jen | Updated 3/31/26 | |