Weekly Class Schedule • NOVEMBER 2026

gruvnYOGA

SUN	MON	TUE	WED	THU	FRI	SAT
	6:30am slow flow stephanie		6:30am power jay		6:30am power sarah	
9:00am power/yin 75 jay	9:00am vinyasa cynthia	9:00am vinyasa kristyn	9:00am vinyasa amanda	9:00am yin alison	9:00am vinyasa kristyn	9:00am vinyasa katie
10:30am flow down 75 mariana	10:30am slow flow jen	10:30am acu-yin tina	10:30am gentle chair heather/ abby	10:30am gentle flow larissa	10:30am slowflow+yin emma	10:30am gentle flow larissa
	12:00pm slow+steady melanie	12:00pm coreplay jen	12:00pm slowflow+yin cynthia	12:00pm yin+nidra tina	12:00pm dynamic chair heatherP	
POP-UP check schedule $10 4:30pm gentle flow teacher varies		1:30pm gentle flow larissa			beginners: start with gentle flow, flow down or yin	PLEASE PREBOOK YOUR CLASS on our free mobile app or website check there for detailed class description
6:00pm yin michele	6:15pm power katie	6:15pm deep stretch jay	6:15pm vinyasa michele	6:15pm slow flow heatherT		
7:30pm 1st+3rd week 12-Steps FREE 4th week Grief Support	7:30pm restore+nidra alison	7:30pm yin emma	7:30pm acu-yin tina	7:30pm restore 75 jen	Updated 10/30/26	