

Weekly Class Schedule • OCTOBER 2026

gruvnYOGA

SUN	MON	TUE	WED	THU	FRI	SAT
	6:30am slow flow stephanie	7:30am hatha jay	6:30am power jay	7:30am vinyasa alison	6:15am power 75 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 core +restore 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			4:30pm gentle flow larissa		beginners: start with gentle flow, hatha, flow down or yin	PLEASE PREBOOK YOUR CLASS on our free mobile app or website
6:00pm yin michele	6:15pm power katie	6:15pm deep stretch jay	6:15pm vinyasa stephanie	6:15pm slow flow heatherT		
7:30pm 1st+3rd week FREE 12-Steps 4th week Grief Support	7:30pm restore+nidra alison	7:30pm flowdown 75 barbie	7:30pm acu-yin tina	7:30pm restore 75 jen		check there for detailed class description

Updated 9/28/26