

Weekly Schedule • SEPTEMBER 2023

SUN	MON	TUE	WED	THU	FRI	SAT
	6:30am warmvinyasa reg	7:00am warmpower katie	6:30am warmpower candace		All classes 60min unless noted	
8:15am 75min warmpower candace	7:45am hatha jay	8:15am power katie		8:15am vinyasa heather	most have virtual option	
	9:00am vinyasa alison	9:30am flow+focus andrew	9:00am flow+focus melanie	9:30am yin/yang alison	9:00am vinyasa robyn	9:00am vinyasa reg
10:00am slowflow+ yin tina	10:30am slow flow jen	great for beginners	10:30am chair heather		10:30am slowflow+yin katie	10:30am gentle flow anessia
11:15am deep stretch jay			12:00pm power jay		12:00pm power brandi	great for beginners
	K-5th 3:30-4:15pm kids yoga dani	6th-8th 5:00-5:45pm twins dani	4:30pm gentle flow jen	great for beginners	2:00pm chair melanie	
6:00pm yin+ meditation emma	6:15pm warmpower robyn	6:15pm deep stretch jay	6:15pm warm vinyasa reg	6:15pm power katie		
7:30pm (1st+4th Sun) nidra jen	7:30pm Y12SR robyn	7:30pm yin + meditation anessia	7:30pm MONTHLY SPECIAL CLASS (check online)	7:30-8:45pm restorative jen		
					Updated 9/9/23	check online for detailed class description