

# Weekly Schedule • FEBRUARY 2024

| SUN                                    | MON                                       | TUE   | WED                          | THU                           | FRI                              | SAT                               |
|--|---|---|------------------------------|-------------------------------|----------------------------------|-----------------------------------|
| 'warm' classes are 80 degrees          | 6:30am<br>ashtanga<br>mary anne           | 6:30am<br>power<br>katie                      | 6:30am<br>power<br>candace   | 6:30am<br>power<br>anessia    | 6:30am<br>power<br>sarah         | 7:30am<br>power<br>candace        |
|  | 9:00am<br>vinyasa<br>alison               | 9:00am<br>acu yin<br>tina                     | 9:00am<br>vinyasa<br>reg     | 9:00am<br>slow burn<br>alison | 9:00am<br>vinyasa<br>robyn       | 9:00am<br>vinyasa<br>reg          |
| 10-11:15am<br>slowflow+<br>yin<br>tina | 10:30am<br>slow flow<br>jen               | 10:30am<br>sattva flow<br>andrew              | 10:30am<br>chair<br>mark     | 10:30am<br>yin<br>alison      | 10:30am<br>slowflow+yin<br>katie | 10:30am<br>gentle flow<br>anessia |
| 11:30am<br>deep<br>stretch<br>jay      |   | great for beginners                           | 12:00pm<br>power<br>jay      |                               | 12:00pm<br>power<br>candace      | great for beginners               |
|  | K-5th<br>3:45-4:30pm<br>kids yoga<br>dani | 6th-8th<br>5:00-5:45pm<br>young teens<br>dani | 4:30pm<br>gentle flow<br>jen | great for beginners           |                                  |                                   |
| 6:00pm<br>yin<br>emma                  | 6:15pm<br>power<br>alison                 | 6:15pm<br>deep<br>stretch<br>jay              | 6:15pm<br>vinyasa<br>reg     | 6:15pm<br>power<br>katie      |                                  |                                   |
| 7:30pm<br>(1st+3rd)<br>nidra<br>jen    |   | 7:30pm<br>yin<br>anessia                      | 7:30pm<br>(1st+3rd)<br>Y12SR | 7:30pm<br>restore 75<br>jen   |                                  |                                   |

All classes 60min unless noted

check online for detailed class description