

Weekly Class Schedule • OCTOBER 2025

gruvnYOGA

SUN	MON	TUE	WED	THU	FRI	SAT
WARM classes outlined in orange are 80-85 degrees	6:30-8:30am ashtanga mary anne	6:30am power sarah	6:30-8:30am ashtanga mary anne	6:30am power emily claire	6:30am power sarah	
10-11:15am slowflow+ yin barbie	9:00am vinyasa cynthia	9:00am vinyasa kristyn	9:00am vinyasa reg	9:00am yin alison	9:00am vinyasa alison	9:00am vinyasa reg
11:30am deep stretch jay	10:30am slow flow jen	10:30am acu-yin tina	10:30am chair heather	10:30am gentle flow larissa	10:30am slowflow+yin katie	10:30am gentle flow anessia
POP-UP check schedule	12:00pm slow+steady melanie	12:00pm slow flow tina	12:00pm slowflow+yin cynthia	12:00pm yin+nidra tina		
FREE 4:30pm gentle flow teacher varies	5:00-5:45pm girls group dani		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 check there for detailed class description
6:00pm yin emma	6:15pm power alison	6:15pm deep stretch jay	6:15pm power katie	6:15pm slow flow jay		
7:30pm nidra jen 1st + 3rd week only	7:30pm restorative alison	7:30pm yin anessia	7:30pm 1st+3rd week FREE 12-Steps 2nd week Grief Support	7:30-8:45pm restorative jen		

Updated 10/15/25