

Weekly Class Schedule • JANUARY 2026

gruvnYOGA

SUN

9:00am
power
jay

10:30-11:45am
slowflow+
yin
barbie

POP-UP
check
schedule
FREE
4:30pm
gentle flow
teacher varies

6:00pm
yin
emma

7:30pm
nidra
jen

1st + 3rd week only

MON

6:30-8:30am
ashtanga
mary anne

9:00am
vinyasa
cynthia

10:30am
slow flow
jen

12:00pm
slow+steady
melanie

5:00pm
vinyasa
jen

6:15pm
power
alison

7:30pm
restorative
alison

TUE

6:30am
power
sarah

9:00am
vinyasa
kristyn

10:30am
acu-yin
tina

12:00pm
slow flow
tina

5:00pm
vinyasa
jen

6:15pm
deep stretch
jay

7:30pm
yin
anessia

WED

6:30-8:30am
ashtanga
mary anne

9:00am
vinyasa
reg

10:30am
chair yoga
heather

12:00pm
slowflow+yin
cynthia

4:30pm
gentle flow
larissa

6:15pm
power
katie

7:30pm
1st+3rd week
12-Steps
2nd week
Grief Support

THU

6:30am
power
emily claire

9:00am
yin
alison

10:30am
gentle flow
larissa

12:00pm
yin+nidra
tina

6:15pm
slow flow
jay

7:30-8:45pm
restorative
jen

FRI

6:30am
power
sarah

9:00am
vinyasa
kristyn

10:30am
slowflow+yin
katie

12:00pm
power
heather

beginners:
start with
gentle flow
slow flow
or yin

WARM
classes
outlined in
orange are
80-85
degrees

Updated 12/27/25

SAT

9:00am
vinyasa
reg

10:30am
gentle flow
anessia

PLEASE
PREBOOK
YOUR
CLASS
on our free
mobile app
or website

check there
for detailed
class
description