

Weekly Class Schedule • JANUARY 2026

gruvnYOGA

SUN	MON	TUE	WED	THU	FRI	SAT
	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	
9:00am power jay	9:00am vinyasa cynthia	9:00am vinyasa kristyn	9:00am vinyasa reg	9:00am yin alison	9:00am vinyasa kristyn	9:00am vinyasa reg
10:30-11:45am slowflow+ yin barbie	10:30am slow flow jen	10:30am acu-yin tina	10:30am chair yoga heather	10:30am gentle flow larissa	10:30am slowflow+yin katie	10:30am gentle flow anessia
	12:00pm slow+steady melanie	12:00pm slow flow tina	12:00pm slowflow+yin cynthia	12:00pm yin+nidra tina	12:00pm power heather	
<div>POP-UP check schedule</div> <div>FREE</div> <div>4:30pm gentle flow teacher varies</div>		5:00pm vinyasa jen	4:30pm gentle flow larissa		<div>beginners: start with gentle flow slow flow or yin</div>	<div>PLEASE PREBOOK YOUR CLASS on our free mobile app or website</div>
6:00pm yin emma	6:15pm power alison	6:15pm deep stretch jay	6:15pm power katie	6:15pm slow flow jay	<div>WARM classes outlined in orange are 80-85 degrees</div>	<div>check there for detailed class description</div>
7:30pm nidra jen <small>1st + 3rd week only</small>	7:30pm restorative alison	7:30pm yin anessia	<div>7:30pm <small>1st+3rd week FREE 12-Steps 2nd week Grief Support</small></div>	7:30-8:45pm restorative jen	Updated 12/27/25	