

Weekly Schedule • SEPTEMBER 2022

SUN	MON	TUE	WED	THU	FRI	SAT
All classes EST & 60min unless noted	all have virtual option	8:00am power60 robyn	'warm' is 85 degrees	8:00am hatha jay		
yin + vinyasa blend	9:00am vinyasa alison	9:30am vinyasa kristyn	9:00am warm power robyn	9:30am vinyasa stephanie	9:00am vinyasa kristyn	9:00am vinyasa reg
10-11:15am YINyasa heather	10:30am gentle flow jennifer		10:30am chair heather		10:30am slowflow+yin anessia	10:30am chair anessia
	3:30-4:15pm kids yoga dani		12-12:45pm power 45 jay		12:00pm power candace	
			4:30pm gentle flow lara			
6:00pm yin+ meditation emma	6:15pm warm power robyn	6:00pm hatha jay	6:15pm vinyasa reg	6:00pm all-levels flow lara		
7:15pm (1st & 3rd Sun) nidra kerry	7:30pm Y12SR robyn	7:30pm yin + meditation barbie		7:30-8:45pm restorative kerry		

check online for detailed class description

Updated 9/15/22