

Weekly Class Schedule • JUNE 2026

SUN	MON	TUE	WED	THU	FRI	SAT
	6:30am vinyasa stephanie	6:30am power sarah	6:30am power lindsay	6:30am hatha jay	6:30am power sarah	
9:00am power jay	9:00am vinyasa cynthia	9:00am vinyasa kristyn	9:00am vinyasa alison	9:00am yin alison	9:00am vinyasa kristyn	9:00am vinyasa katie
10:30-11:45am slowflow+ yin heatherP	10:30am slow flow jen	10:30am acu-yin larissa	10:30am chair yoga rotating	10:30am gentle flow larissa	10:30am slowflow+yin emma	10:30am gentle flow anessia
	12:00pm slow+steady melanie	12:00pm core +restore jen	12:00pm slowflow+yin cynthia	12:00pm yin+nidra alison	12:00pm power heatherP	
			4:30pm gentle flow larissa			
6:00pm yin emma	6:15pm power alison	6:15pm deep stretch jay	6:15pm power katie	6:15pm slow flow heatherT		
7:30pm nidra jen <small>1st + 3rd week only</small>	7:30pm restorative alison	7:30pm yin anessia	7:30pm <small>1st+3rd week FREE 12-Steps 2nd week Grief Support</small>	7:30-8:45pm restorative jen		

NEW!
POP-UP
CLASS in
JUNE!

beginners:
start with
gentle flow
slow flow
or yin

WARM
classes
outlined in
orange are
85 degrees

PLEASE
PREBOOK
YOUR
CLASS
on our free
mobile app
or website

check there
for detailed
class
description