

Weekly Class Schedule • SEPTEMBER 2026

gruvnYOGA

SUN	MON	TUE	WED	THU	FRI	SAT
	6:30am vinyasa stephanie	6:15am power 75 sarah	6:30am power jay	6:30am hatha jay	6:15am power 75 sarah	
9:00am power/yin 75 jay	9:00am vinyasa cynthia	9:00am vinyasa kristyn	9:00am vinyasa amanda	9:00am yin alison	9:00am vinyasa kristyn	9:00am vinyasa katie
10:30am flow down 75 mariana	10:30am slow flow jen	10:30am acu-yin tina	10:30am chair yoga heatherP	10:30am gentle flow larissa	10:30am slowflow+yin michele	10:30am gentle flow anessia
	12:00pm slow+steady melanie	12:00pm core +restore jen	12:00pm slowflow+yin cynthia	12:00pm yin+nidra tina		
POP-UP check schedule \$10 4:30pm gentle flow teacher varies			4:30pm gentle flow larissa		beginners: start with gentle flow flow down or yin	PLEASE PREBOOK YOUR CLASS on our free mobile app or website
6:00pm yin barbie	6:15pm power alison	6:15pm deep stretch jay	6:15pm vinyasa stephanie	6:15pm slow flow heatherT	WARM classes outlined in orange are 85 degrees	check there for detailed class description
7:30pm 1st+3rd week 12-Step Recovery Yoga FREE	7:30pm restore+nidra alison	7:30pm flow down anessia	7:30pm acu-yin tina	7:30pm restore 75 jen	Updated 9/11/26	