

Weekly Class Schedule • OCTOBER 2024

SUN	MON	TUE	WED	THU	FRI	SAT
<p>WARM classes outlined in orange are 80-85 degrees</p>	<p>6:30-8:30am ashtanga mary anne</p>	<p>6:30am power sarah</p>	<p>6:30-8:30am ashtanga mary anne</p>	<p>6:30am power jay</p>	<p>6:30am power sarah</p>	<p>6:30-8:30am ashtanga mary anne</p>
<p>10-11:15am slowflow+ yin tina</p>	<p>9:00am vinyasa cynthia</p>	<p>9:00am power alison</p>	<p>9:00am vinyasa reg</p>	<p>9:00am yin alison</p>	<p>9:00am vinyasa robyn</p>	<p> 9:00am vinyasa reg <small>OUTDOOR CLASS this month!</small></p>
<p>11:30am deep stretch jay</p>	<p>10:30am slow flow jen</p>	<p>10:30am sattva flow andrew</p>	<p>10:30am chair heather</p>	<p>10:30am gentleflow+ meditation andrew</p>	<p>10:30am slowflow+yin katie</p>	<p>10:30am gentle flow anessia</p>
<p>FREE 4:30pm gentle yoga various</p>	<p>5:00-5:45pm young teens 6th-8th dani</p>	<p>12:00pm acu-yin tina</p>	<p>12:00pm slowflow+yin anessia</p>	<p>12:00pm yin+nidra tina</p>	<p>great for beginners</p>	<p>PLEASE PREBOOK YOUR CLASS on our free mobile app or website</p>
<p>6:00pm yin emma</p>	<p>6:15pm power alison</p>	<p>6:15pm deep stretch jay</p>	<p>4:30pm gentle flow larissa</p>	<p>6:15pm power katie</p>	<p>6:15pm power cynthia</p>	<p>check there for detailed class description</p>
<p>7:30pm nidra jen</p>	<p>7:30pm yin/yang alison</p>	<p>7:30pm yin anessia</p>	<p>6:15pm power katie</p>	<p>7:30pm 1st+3rd week FREE 12-Steps 2nd week Grief Support</p>	<p>7:30-8:45pm restorative jen</p>	<p>Updated 9/27/24</p>