

Weekly Schedule • AUGUST 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 slow burn kristyn	9:30am vinyasa kristyn	9:00am warm power robyn	9:30am vinyasa stephanie	9:00am vinyasa barbie	9:00am vinyasa reg
10-11:15am YINyasa heather	10:30am gentle flow lara	great for beginners	10:30am chair heather		10:30am slowflow+yin anessia	10:30am chair crystal
	3:00pm kids yoga dani	K-5th	12-12:45pm power 45 jay		12:00pm power candace	
begins on 8/15	5:00pm tweenyoga dani	6th-8th	4:30pm gentle flow lara	great for beginners		
6:00pm yin+ meditation barbie	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 deb		7:30pm restorative kerry		

Updated 8/4/22

check online for detailed class description