



class schedule

MONDAY

- 10:00am: Move Strong 50+
- 11:30am: Yin & Restorative
- 6:00pm: Vinyasa Flow
- 7:30pm: Yoga for A Busy Mind

THURSDAY

- 10:00am: Yoga for 50+
- 6:00pm: Fusion
- 7:00pm: Mind, Body, Soul Session

TUESDAY

- 10:00am: Power Form (Pilates-Inspired) 50+
- 11:00am: Restorative Yoga
- 5:15pm: Energy Medicine Yoga
- 5:30pm: Power Flow
- 7:00pm: Yin & Restorative

FRIDAY

- 10:00am: Power Form (Pilates-Inspired)
- 12:10pm: Power Down: Mid-Day Flow and Restore
- 5:30pm: Vinyasa Flow
- 6:45pm: Yin & Restorative

WEDNESDAY

- 6:00pm: Vinyasa Burn
- 7:30pm: Release & Restore

SATURDAY

- 8:30am: TBD
- 9:30am: Rise & Flow

SUNDAY

- 11:00am: Feel Good Flow
- 7:00pm: Yin Yoga