NEW STUDENT CHECKLIST

FEEL GOOD & SAVE BIG

Complete this checklist during your 30 Day Intro to be eligible for **10% off** any of our monthly autopay memberships!

- ☐ Download the Walla App
- ☐ Try at least 3 classes
- ☐ Follow us on Instagram
- ☐ Use your FREE Guest Pass to bring a friend
- ☐ Turn on SMS or Email Communication

MEMBERSHIP OPTIONS

All Access ~~$108~~ **$97.20**
Best for 3+ classes/week

8x/Month ~~$92~~ **$82.80**
Best for 2 classes/week

4x/Month ~~$60~~ **$54**
Best for 1 class/week

MEMBERSHIP BENEFITS

1 Free guest pass per month

15% off 502PY Merchandise

Discounts on Workshops

Free monthly pass at Barre3, Shred415, and Title Boxing

and more!



ABOUT 502 POWER YOGA

502 Power Yoga offers a judgement-free environment for students to support and motivate each other through a physically challenging yoga practice. No matter what your experience level is, or how you feel on a particular day, a class at 502PY has a unique way of generating connection, inspiration, and transformation, leaving you feeling more empowered and confident than you were before. Our vibrant and slightly off-kilter culture is for you if like to keep it weird, keep it real, and have a little fun while you sweat.

NEW STUDENT SPECIAL: 30 DAYS FOR $45

All first time visitors to the studio are eligible to try unlimited classes for 30 days for only $45.

502 POWER YOGA

LOUISVILLE, KENTUCKY

CLASS SCHEDULE
LAST UPDATED 11/9/26

DO YOGA. FEEL GOOD.

THE DOUGLASS LOOP
2210 Dundee Rd, 2nd Floor
Louisville, KY 40205

(502) 208-1012
www.502poweryoga.com

POWER YOGA

CLASS DESCRIPTIONS

Power Vinyasa Yoga: A physically challenging breath-based yoga flow practice that promotes strength, confidence, empowerment, and all the neurological, mental, and physical benefits of a mindful yoga practice. Temp: ~90°

Journey into Power: A flow class following a set sequence. No surprises–just a powerful, consistent, well-rounded practice that leaves you feeling wrung-out and empowered! Temp: ~90°

YOD (Yoga+HIIT): We inject high-intensity interval training into our regular Power Vinyasa class to train your body in a new way and enhance your yoga practice. Temp: 85-90°

Rocket Vinyasa: This vigorous yet playful vinyasa yoga practice is a rebellious remix of the Ashtanga series. Expect inversions, arm balances, funky transitions, and to get STRONG. Temp: 80–85°

Friday Flow: A Power Vinyasa class with music taking a front seat! There is typically a little less instruction in these classes so you can get into the groove and shake your asana! Temp: ~90°

Hearts & Hips: A slow, deep, and powerful flow with a focus on twists, heart and hip opening, while still creating tapas (heat) through physically challenging poses and transitions. Temp: ~90°

Slow & Strong: In this slower-paced Power Vinyasa class, we think "less is more." You'll challenge yourself by holding fewer postures for a longer period of time. Temp: ~90° (Non-heated offering on Monday nights will only be ~80°)

Meditate & Rejuvenate: This class explores the more yin and restorative aspects to our physical practice and includes guided meditation. Temp: 80-85°

Yin: A passive style of yoga in which postures are held for longer periods of time to allow for deep release. Temp: ~80°

GET THE WALLA APP

Register for classes, manage your schedule, invite guests to join you, and more using the Walla App!

iOS Android

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00							
6:00	**Journey into Power** 6:00-7:00AM Gina O.	**Power Vinyasa** 5:45-6:45AM Corey B.	**Power Vinyasa** 6:00-7:00AM Christie K.	**Power Vinyasa** 5:45-6:45AM Stephanie R.	**Friday Flow** 6:00-7:00AM Dre S.		
7:00						**YOD (Yoga+HIIT)** 7:30–8:45AM Melissa H.	**YOD (Yoga+HIIT)** 7:30–8:45AM Agnese S.
8:00		**Slow & Strong** 8:30–9:30AM Marie C.		**Power Vinyasa** 8:30–9:30AM Christopher D.	**Friday Flow** 8:00–9:00AM Sav E.		
9:00	**Hearts & Hips** 9:30-10:45AM Corey B.		**Hearts & Hips** 9:30-10:45AM Stephanie K.			**Power Vinyasa** 9:30-10:45AM Melissa H.	**Hearts & Hips** 9:30-10:45AM Corey B.
10:00		**Power Vinyasa** 10:00-11:00AM Tina Z.		**Slow & Strong** 10:00-11:00AM Stephanie K.	**Friday Flow** 9:30-10:45AM Stephanie K.		
11:00						**Slow & Strong** 11:30AM–12:30PM Alison C.	**Yin** 11:30AM-12:45PM Rotating
12:00	**Power Vinyasa** 12:15–1:00PM Sav E.	**Power Vinyasa** 12:15–1:00PM Stephanie K.	**Power Vinyasa** 12:15–1:00PM Christopher D.	**Power Vinyasa** 12:15–1:00PM Stephanie K.	**Friday Flow** 12:15–1:00PM Tina Z.		
1:00						**Power Vinyasa** 1:00–2:00PM Stephanie R.	
2:00							
3:00	**Power Vinyasa** 3:15–4:15PM Marie C.		**Power Vinyasa** 3:15–4:15PM Christopher D.		**Friday Flow** 3:15–4:15PM Marie C.		
4:00							**Power Vinyasa** 4:45-5:45PM Jo O.
5:00	**Rocket Vinyasa** 4:45-5:45PM Cat C.	**YOD (Yoga+HIIT)** 5:00-6:00PM Agnese S.	**Power Vinyasa** 4:45-5:45PM Hannah L.	**Power Vinyasa** 5:00-6:00PM Marielle H.	**Friday Flow** 4:45-5:45PM Corey B.		
6:00	**Meditate & Rejuvenate** 6:15-7:15PM Stephanie K.	**Power Vinyasa** 6:30-7:30PM Cat C.	**Power Vinyasa** 6:15-7:15PM RaVone W.	**Slow & Strong** 6:30-7:30PM Alison C.			**Hearts & Hips** 6:15-7:30PM Stephanie D.
7:00							
8:00		**Hearts & Hips** 8:00-9:00PM Mandy J.	**Yin** 8:00-9:00PM Stephanie D.	**Meditate & Rejuvenate** 8:00-9:00PM Nikki T.			