

Weekly
SCHEDULE

MON	6:00 am: On Awakening 6:00 pm: Vinyasa Flow
TUE	6:00 pm: Vinyasa Flow 7:00 pm: Tantric Flow
WED	6:00 am: On Awakening 6:00 pm: Vinyasa Flow 7:00 pm: Restorative Yoga
THU	5:30 pm: Yoga for Beginners with Kelly 7:00 pm: Flex & Flow with Kelly
FRI	6:00 am: On Awakening 5:30 pm: Warm Flow
SAT	8:00 am: Warm Flow
SUN	6:00 pm: Virtual Yoga with Becci