

FALLBROOK STUDIO SCHEDULE

Revised 7/15/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 am – Hot Flow (<i>Shelby C</i>)		6:00 – 7:00 am – Hot Flow (<i>Reyna</i>)	6:00 – 7:00 am – Hot Flow (<i>Shelby C</i>)	7:30 – 8:30 am – Classic Hot Yoga (<i>Morgan</i>)
9:00 – 10:00 am – Energy Flow (<i>Di</i>)	9:00 – 10:00 am – Energy Flow (<i>Shelby L</i>) – Kundalini Yoga (<i>Prem Keval</i>)	9:00 – 10:00 am – Energy Flow (<i>Ryan</i>)	9:00 – 10:00 am – Energy Flow (<i>Shelby C</i>)	9:00 – 10:00 am – Power Yoga (<i>Shelby C</i>)	9:00 – 10:00 am – Hot Flow (<i>Reyna</i>)
10:30 – 11:45 am – All Levels Yoga (<i>Leslie</i>)	10:30 – 11:30 am – Mat Pilates (<i>Fiona</i>)	10:30 – 11:30 am – Fundamentals (<i>Taina</i>)	10:30 – 11:45 am – All Levels Yoga (<i>Leslie</i>)	10:30 – 11:45 am – Yin Yoga + Meditation (<i>Di</i>)	10:30 – 11:30 am – Trapeze Yoga (<i>Donna</i>)
					SUNDAY
5:30 – 6:30 pm – Hot Flow (<i>Reyna</i>)	5:30 – 6:30 pm – Heated Sculpt (<i>Sarah L</i>)	5:30 – 6:30 pm – Trapeze Yoga (<i>Lee</i>)	5:30 – 6:30 pm – Hot Flow (<i>Vanessa</i>) – Chill Flow (<i>Jennifer</i>)		9:00 – 10:00 am – Classic Hot Yoga (<i>Sarah J</i>)
7:00 – 8:00 pm – Hot Slow Flow (<i>Arida</i>)	7:00 – 8:00 pm – Classic Hot Yoga (<i>Morgan</i>)	7:00 – 8:00 pm – Hot Slow Flow (<i>Jessica S</i>)	7:00 – 8:00 pm – Classic Hot Yoga (<i>Miceala</i>)		9:00 – 10:00 am – Kids Yoga (<i>Mariah</i>) 5:30 – 6:30 pm – Hot Slow Flow (<i>Jaimi</i>)

BONSALL STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:00 am – Classic Hot Yoga (<i>Katie</i>)		6:00 – 6:50 am – Power Yoga – Gently Heated (<i>Kaitlyn</i>)			8:30 – 9:30 am – Energy Flow (<i>Jennifer</i>)
9:00 – 10:00 am – Heated All Levels (<i>Jodi</i>)	9:00 – 10:00 am – Gentle Yoga (<i>Leslie</i>)	9:00 – 10:00 am – Mat Pilates (<i>Fiona</i>) – Heated Slow Flow (<i>Shelby C</i>)	9:00 – 10:00 am – Yoga with Weights (<i>Julie</i>)	9:00 – 10:00 am – Fundamentals (<i>Leslie</i>) – Heated All Levels (<i>Felicia</i>)	– Heated Sculpt (<i>Julie</i>)
10:30 – 11:45 am – MELT (<i>Susan</i>)	10:30 – 11:30 am – Chill Flow (<i>Sandra</i>)		10:30 – 11:30 am – Chill Flow (<i>Sandra</i>)	10:30 – 11:30 am – Mindful Mama (mommy & me) (<i>Shelby L</i>)	
					SUNDAY
		4:30 – 5:30 pm – Yin Yoga (<i>Makayla</i>)		4:00 – 5:15 pm – MELT (<i>Susan</i>)	8:30 – 9:30 am – Energy Flow (<i>Vanessa</i>)
5:30 – 6:30 pm – All Levels Yoga (<i>Makayla</i>)	5:30 – 6:30 pm – Chill Flow (<i>Jack</i>) – Hot Flow (<i>Reyna</i>)	6:00 – 7:15 pm – Heated All Levels Flow (<i>Sarah L</i>)	5:30 – 6:30 pm – POUND Rockout (<i>Lauren</i>) – Heated Sculpt (<i>Julie</i>)	5:30 – 6:30 pm – Community Class FREE – Hot Slow Flow (<i>Jessica S</i>)	10:00 – 11:00 am – All Levels Yoga (<i>Leslie</i>) 10:00 – 11:00 am – Hot Flow (<i>Vanessa</i>)
7:00 – 8:15 pm – Yin Yoga + Reiki (<i>Di</i>)		– Restorative Yoga & Sound Healing (<i>Shelby L</i>)	7:00 – 8:00 pm – MELT Gentle Heated (<i>Hailey</i>)		

Schedule subject to change • check our website or Walla app for latest offerings • pre-registration is required • kindly cancel if you are unable to attend

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