

# FALLBROOK STUDIO SCHEDULE

Revised 3/12/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 am – Hot Flow (Shelby C)		6:00 – 7:00 am – Hot Flow (Reyna)	6:00 – 7:00 am – Hot Flow (Shelby C)	7:30 – 8:30 am – Classic Hot Yoga (Jaimi)
9:00 – 10:00 am – Power Yoga (Reyna)	9:00 – 10:00 am – Vinyasa Flow (Jaimi) – Kundalini (Prem)	9:00 – 10:00 am – Vinyasa Flow (Arida)	9:00 – 10:00 am – Energy Flow (Shelby C)	9:00 – 10:00 am – Power Yoga (Shelby C) – Mommy & Me (Cathryn) FREE every Friday	9:00 – 10:00 am – Hot Flow (Reyna) 10:30 – 11:30 am – Trapeze Yoga (Donna)
10:30 – 11:45 am – All Levels Yoga (Leslie)	10:30 – 11:30 am – Mat Pilates (Fiona)	10:30 – 11:30 am – Fundamentals (Taina)	10:30 – 11:45 am – All Levels Yoga (Leslie)	10:30 – 11:45 am – Restorative Yin + Reiki (Di)	
					SUNDAY
5:30 – 6:30 pm – Hot Flow (Arida) – Trapeze Yoga (Donna)	5:30 – 6:30 pm – Heated Sculpt (Sarah L) – MELT (Sara F)		5:30 – 6:30 pm – All Levels Yoga (Jennifer)		9:00 – 10:00 am – Classic Hot Yoga (Sara F) – Kids Aerial (Mariah)
7:00 – 8:00 pm – Hot Slow Flow (Arida)	7:00 – 8:00 pm – Classic Hot Yoga (Jaimi)	7:00 – 8:00 pm – Hot Slow Flow (Jessica)	7:00 – 8:00 pm – Classic Hot Yoga (Sara F)		5:30 – 6:30 pm – Hot Slow Flow (Jaimi)

# BONSALL STUDIO SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 – 7:00 am – Power Yoga – Gently Heated (Katie)		6:00 – 6:50 am – Power Yoga – Gently Heated (Kaitlyn)			8:30 – 9:30 am – All Levels Flow (Jennifer)
9:00 – 10:00 am – Heated All Levels (Jennifer)	9:00 – 10:00 am – Gentle Yoga (Leslie)	9:00 – 10:00 am – Mat Pilates (Fiona) – Heated Slow Flow (Shelby C)	9:00 – 10:00 am – Yoga with Weights (Julie)	9:00 – 10:00 am – Fundamentals (Leslie) – Heated All Levels (Felicia)	– Heated Sculpt (Julie) 10:00 – 11:00 am – Kundalini (Prem) – Beginners Yoga (Jennifer)
10:30 – 11:45 am – MELT (Susan)	10:30 – 11:30 am – Chill Flow (Sandra)		10:30 – 11:30 am – Chill Flow (Sandra)		
					SUNDAY
		4:30 – 5:30 pm – Vin to Yin Yoga (Sara F)		4:00 – 5:15 pm – MELT (Susan) – Heated All Levels Flow (Jessica)	8:30 – 9:30 am – Vinyasa Flow (Vanessa)
5:30 – 6:30 pm – All Levels Yoga (Felicia)	5:30 – 6:30 pm – Chill Flow (Jack) – Hot Flow (Reyna)	6:00 – 7:15 pm – Heated All Levels Flow (Sarah L) – Restorative Yoga + Sound Healing (Sara F. & Lee)	5:30 – 6:30 pm – POUND Rockout (Lauren) – Hot Flow (Vanessa)	5:30 – 6:30 pm – Hot Slow Flow (Jessica)	10:00 – 11:00 am – All Levels Yoga (Leslie) – Hot Flow (Vanessa)
7:00 – 8:15 pm – Yin Yoga + Sound (Sara F)					

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

Class packs and memberships include classes at both our Fallbrook and Bonsall studios

**\$57 • NEW MEMBERS SPECIAL**

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with no contract commitment

*(New Members and Locals Only)*

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**\$119/month • Unlimited Classes**

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**\$79/month • 4 Monthly Classes**

\* 3-month contract required

**NO CONTRACT PRICING**

**\$24 • Single Class**

**\$105 • 5-Class Pack**

**\$180 • 10-Class Pack**

**\$139 • 1-Month Unlimited**

**\$12 • Kids Drop-in**

**\$50 • Kids 5-Class Pack**

**Visit our website to explore our signature offerings:**

Workshops & Events

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Yoga Teacher Training



yoga for every *body*

*two locations to serve you:*

**Sage Fallbrook**

115 N. Main Avenue  
Fallbrook, CA 92028  
760-451-8771

**Sage Bonsall**

5256 S. Mission Rd, Ste 707  
Bonsall, CA 92003  
760-295-0895

[www.SageYogaStudios.com](http://www.SageYogaStudios.com)

[info@sageyogastudios.com](mailto:info@sageyogastudios.com)

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