

FALLBROOK STUDIO SCHEDULE

Revised 7/2/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 am – Hot Flow (Shelby)		6:00 – 7:00 am – Hot Flow (Reyna)	6:00 – 7:00 am – Hot Flow (Shelby)	7:30 – 8:30 am – Classic Hot Yoga (Jaimi)
9:00 – 10:00 am – Yoga with Weights (Jaimi)	9:00 – 10:00 am – Vinyasa Flow (Jaimi) – Energy Alchemy (Kundalini Yoga) (Prem)	9:00 – 10:00 am – Vinyasa Flow (Arida)	9:00 – 10:00 am – Vinyasa Flow (Shelby) – Kids Aerial (Mariah) thru August 6th	9:00 – 10:00 am – Power Yoga (Shelby)	9:00 – 10:00 am – Hot Flow (Reyna)
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)	10:30 – 11:30 am – Trapeze Yoga (Donna)
					SUNDAY
5:30 – 6:30 pm – Hot Flow (Arida) – Trapeze Yoga (Donna)	5:30 – 6:30 pm – Heated Sculpt (Sarah L)		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 – 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 (Alex)		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)	9:00 – 10:00 am – Yoga with Weights (Julie)	9:00 – 10:00 am – Fundamentals (Leslie) – Heated All Levels (Felicia)	– Heated Sculpt (Julie)
10:30 – 11:45 am – MELT (Susan)	10:30 – 11:30 am – Chill Flow (Sandra)		10:30 – 11:30 am – Chill Flow (Sandra)	10:30 – 11:30 am – Mommy & Me (Cathryn) <i>FREE 1st Friday of the month</i>	
					SUNDAY
		4:30 – 5:30 pm – Stretch + Yin (Sara F)		4:00 – 5:15 pm – MELT (Susan) 75 min. – Heated All Levels Flow (Jessica) 60 min.	8:30 – 9:30 am – Vinyasa Flow (Vanessa)
5:30 – 6:30 pm – All Levels Yoga (Felicia) – Sculpt Gently Heated (Kaitlyn)	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) – Community Class FREE	10:00 – 11:00 am – All Levels Yoga (Leslie) – Hot Flow (Vanessa)
7:00 – 8:15 pm – Yin Yoga + Sound (Sara F)	7:00 – 8:00 pm – Classic Hot Yoga (Jaimi)				

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

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* 3-month contract required

NO CONTRACT PRICING

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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
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