

FALLBROOK STUDIO SCHEDULE

Revised 10/20/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 7:00 am – Hot Flow <i>(Shelby)</i>		6:00 – 7:00 am – Hot Flow <i>(Reyna)</i>	6:00 – 7:00 am – Hot Flow <i>(Shelby)</i>	7:30 – 8:30 am – Classic Hot Yoga <i>(Jaimi)</i>
9:00 – 10:00 am – Yoga with Weights <i>(Jaimi)</i>	9:00 – 10:00 am – Vinyasa Flow <i>(Jaimi)</i> – Energy Alchemy <i>(Kundalini Yoga) (Prem)</i>	9:00 – 10:00 am – Vinyasa Flow <i>(Melissa)</i>	9:00 – 10:00 am – Vinyasa Flow <i>(Shelby)</i>	9:00 – 10:00 am – Power Yoga <i>(Shelby)</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 – Restorative Yin + Reiki <i>(Di)</i>	10:30 – 11:30 am – Trapeze Yoga <i>(Donna)</i>
					SUNDAY
		4:30 – 5:30 pm – All Levels Strength & Conditioning <i>(Arida)</i> – Preteen & Teen Girls Yoga <i>(Amanda)</i>			9:00 – 10:00 am – Classic Hot Yoga <i>(Sara F)</i> – Kids Aerial <i>(Jennifer T)</i>
5:30 – 6:30 pm – Trapeze Yoga <i>(Donna)</i>	5:30 – 6:30 pm – Heated Sculpt <i>(Sarah L)</i>		5:30 – 6:30 pm – All Levels Yoga <i>(Jennifer)</i>		
7:00 – 8:00 pm – Hot Slow Flow <i>(Arida)</i>		7:00 – 8:00 pm – Hot Slow Flow <i>(Jessica)</i>	7:00 – 8:00 pm – Classic Hot Yoga <i>(Jimmy)</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 – Power Yoga – Gently Heated <i>(Alex)</i>		6:00 – 6:50 am – Power Yoga – Gently Heated <i>(Kaitlyn)</i>			8:30 – 9:30 am – All Levels Flow <i>(Jennifer)</i>
9:00 – 10:00 am – Heated All Levels <i>(Jennifer)</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)</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 – Mommy & Me <i>(Cathryn)</i> <i>FREE 1st Friday of the month</i>	
					SUNDAY
				4:00 – 5:15 pm – MELT <i>(Susan)</i>	8:30 – 9:30 am – Vinyasa Flow <i>(Vanessa)</i>
5:30 – 6:30 pm – All Levels Yoga <i>(Felicia)</i> – Sculpt Gently Heated <i>(Kaitlyn)</i>	5:30 – 6:30 pm – Chill Flow <i>(Jack)</i> – Hot Flow <i>(Reyna)</i>	5:30 – 6:30 pm – Stretch + Yin <i>(Sara F)</i> 5:30 – 6:45 pm – Heated All Levels Flow <i>(Sarah L)</i>	5:30 – 6:30 pm – POUND Rockout <i>(Lauren)</i> – Hot Flow <i>(Vanessa)</i>	5:30 – 6:30 pm – Hot Slow Flow	10:00 – 11:00 am – All Levels Yoga <i>(Leslie)</i> – Hot Flow <i>(Vanessa)</i>
7:00 – 8:15 pm – Yin Yoga + Meditation <i>(Sara F)</i>	7:00 – 8:00 pm – Classic Hot Yoga <i>(Jaimi)</i>	7:00 – 8:15 pm – Restorative Yoga + Sound Healing <i>(Sara F. & Lee)</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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