



Weekly Class Schedule At A Glance

MONDAY	10 AM: Fundamentals (Virtual and In-Studio) 6 PM: Grateful Yoga Jam (Virtual and In-Studio)
TUESDAY	5:30 PM: Gentle Restorative (Virtual)
WEDNESDAY	6 PM: Fundamentals/Intro (Virtual and In-Studio) 6:30 PM: Yoga Barre and Social (Virtual)
THURSDAY	10 AM: Low Down Stretch (Virtual) 6 PM: Core Strengthening (Virtual)
FRIDAY	11 AM: Balance (Virtual)
SATURDAY	8:30 AM: (Develop Your) Power Vinyasa Flow (Virtual) 10 AM: Fundamentals (Virtual and In-Studio)
SUNDAY	No Classes

~ During COVID restrictions, our class schedule remains predominantly virtual.

~ In-Studio classes, as indicated, are subject to change, based on registration, and availability of instructor.

~ We hope to expand class offerings moving forward, and as safety and feasibility allow.

~ Be certain to check the online schedule for additions and changes, as this schedule is merely a general guide, and does not reflect pop-ups, changes, and special events.

~ Advanced registration is required for ALL classes.

Thank you for your patience, cooperation, support, and understanding.