

MON**TUE****WED****THU****FRI****SAT****SUN**

7:30 AM

**Himalayan
Vinyasa**

All Levels

Lyza

7:30 AM

Ashtanga

All Levels

Casey

7:30 AM

**Himalayan
Vinyasa**

All Levels

Lyza

7:30 AM

Ashtanga

All Levels

Casey

9:30 AM

**Aerial
Restorative**

Level 1

Susan

9:30 AM

**Vinyasa
360**

Level 2

Mano

9:30 AM

Hatha Yoga

All Levels

Mano

9:30 AM

**Vinyasa
360**

Level 2

Mano

9:30 AM

**BLISS
Flow**

Level 1

Michelle

9:30 AM

**Himalayan
Vinyasa**

Open Levels

Lyza

9:30 AM

Vinyasa

All Levels

Mano

11:30 AM

Slow Flow

All Levels

Barbara

12 PM

Aerial Yoga

All Levels

Anzhela

11:30 AM

Kundalini

All Levels

Adriana

12 PM

**Meditative
Flow**

All Levels

Tejase

11:30 AM

Yin FLOW

All Levels

Bianca

11:30 AM

Yin BLISS

All Levels

Maye

6:15 PM

Hatha

All Levels

Sofia

6 PM

Yoga Trapeze

Level 1

Hanna

6:15 PM

**Qigong
Breathing &
Meditation**

All Levels

Mano

6:15 PM

Slow Flow

All Levels

Barbara

6 PM

Aerial Yoga

All Levels

Susan

7:30 PM

Vinyasa

All Levels

Mano

7:30 PM

**Restorative
& Soundbath**

All Levels

Adriana

7:30 PM

Vinyasa

All Levels

Madeline

7:30 PM

**Restorative
& Soundbath**

All Levels

Adriana

8 PM

**Meditation
& Soundbath**

All Levels

Kateryna