

Empow3r Yoga

Weekly Schedule

SUN	MON	TUES	WED	THU	FRI	SAT
11:00 - 12:00 Slow Flow 4:30 - 5:30 pm Stretch & Restore	6:45 - 7:45 pm Candlelit Slow Flow	5:15 - 6:15 pm Slow Flow 6:45 - 7:45 pm Restorative with Sound Bath	6:00 - 7:00 am Rise & Flow, Morning Vinyasa 7:15 - 8:15 am Yoga for Athletes	9:00 -10:00am Yoga for Joint Health 5:15 - 6:15 pm Slow Flow 6:30 - 7:30 pm Yin Yoga		9:00 - 10:00 am Vinyasa Flow 10:30 - 11:30 am Flow & Focus: Weekly Specialty Yoga 

