

Empow3r Yoga

Weekly Schedule

SUN	MON	TUES	WED	THU	FRI	SAT
11:00 - 12:00 Yoga Flow	9:30 - 10:30 am Slow Flow 5:00 - 6:00 pm Yoga Flow 6:45 - 7:45 pm Candlelit Slow Flow	9:30 - 10:30 am Yoga Flow 5:15 - 6:15 pm Slow Flow 6:45 - 7:45 pm Restorative	6:00 - 7:00 am Rise & Flow 7:15 - 8:15 am Yoga Flow 5:00 - 6:00 pm Mat Pilates 6:30 - 7:30 pm Flow & Restore	9:00 - 10:00am Yoga for Joint Health 5:15 - 6:15 pm Slow Flow 6:30 - 7:30 pm Yin Yoga		8:00 - 9:00 am Yoga Flow 9:30 - 10:30 am Flow & Focus 

