

Rooted Lotus - 24718 FM 2100 Ste 108, Huffman, TX 77336

Weekly Calendar

Monday

4:30 AM
FREE Virtual
Yoga Group Stretch

10 AM
Yoga Flow- Huffman

7:15 PM
Yoga Flow - Crosby

Crosby- Fitness Fanatics

Tuesday

Private Sessions
OPEN

Wednesday

10 AM
Mommy+Me
Bend+Bloom -
Huffman

6 PM
Mommy+Me
Bend+Bloom -
Huffman

7 PM
Yoga Flow - Huffman

Thursday

Private Sessions
OPEN

9 PM
Yoga Flow - Virtual

Friday

4:30 AM
Virtual Yoga
Group Stretching

10 AM
Yin/Restorative
Yoga - Huffman

Saturday Every other Sat.

7:30 AM
Beach Coast Sunrise
YogaFlow
- Seabrook, TX

8:30 AM
Beach View Yoga Flow
- Seabrook, TX

ROOTEDLOTUS



MINDFULNESS YOGA MEDITATION

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