



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DEC 15

DEC 16

DEC 17

DEC 18

DEC 19

DEC 20

DEC 21

8:30am
Power Flow

9:45am
Vinyasa Flow

10am
Slow Flow

10am
Vinyasa Flow

5pm
Vinyasa Flow

6pm
Slow Flow

6:15pm
Slow Flow

6:30pm
Power Flow

6:30pm
Restorative/Yin
Fusion

7:30pm
Broga, Yoga for
Men

8pm
Vinyasa Flow

8pm
Slow Flow

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY