



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

FEB 9

FEB 10

FEB 11

FEB 12

FEB 13

FEB 14

FEB 15

9am
Vinyasa Flow

9am
Power Flow

10am
Slow Flow

10am
Slow Flow

10am
Vinyasa Flow

10:15am
Restorative/Yin
Fusion

11:30am
Mom & Baby
Post Natal Yoga
(pre-registered)

11:30am
Mom & Baby
Post Natal Yoga
(pre-registered)

5:15pm
Vinyasa Flow

5:15pm
Restorative/Yin
Fusion

6pm
Slow Flow

6pm
Led Ashtanga
Primary Series
(pre-registered)

6pm
Partner Yoga
Valentine's Day
Class (pre-registered)

6:30pm
Prenatal Yoga
(pre-registered)

6:30pm
Yoga for
Beginners II
(pre-registered)

7:30pm
Broga, Yoga for
Men

7:30pm
Partner Yoga
Valentine's Day
Class (pre-registered)

8pm
Vinyasa Flow

8pm
Slow Flow

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