

## **Monday**

8:30 am Fresh Air Flow \*  
10:00 am Beginner Yoga  
11:30 am Yoga Sculpt  
6 pm Flexible Flow

## **Tuesday**

7 am Rise and Shine Stretch  
10 am All Level Yoga  
6:15 pm Mat Pilates

## **Wednesday**

8:30 am Fresh Air Flow\*  
10 am Warm Gentle Flow  
6:00 pm Warm Power Flow  
7 15 pm Warm Gentle Yoga

## **Thursday**

7:00 am All level Yoga  
10 am Beginner Yoga  
6:00 pm All Level Yoga  
7:15 pm Restorative

## **Friday**

10 am Gentle Yoga  
11:15 am Seated Chair Yoga  
5:15 pm FREE Slow Flow Yoga  
6:30 pm Check for Pop Ups

## **Saturday**

9 am Core Yoga  
10:30 am All Level

## **Sunday**

9 am Fresh Air Flow\*  
6:00 pm Warm Yin Yoga

A Little Twisted Yoga

As of 10/1/2022

Please check Vagaro for most current Schedule