

BLACK MAT

YOGA + MEDITATION

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|----------------------|---------------------|---------------------|--------------------------------|--------------------|---------------------|--|
| 6:10 am | Slow Flow Kika | Flow Marely | Hatha Marti | Breathwork + Sound Jesse | Flow Kristie | | |
| 7:30 am | | | | | | Slow Flow Marley | |
| 9:00 am | | | | | | | Flow Esther |
| 9:30 am | Slow Flow Esther | Flow Lauren | Hatha Esther | Yin + Chakra Lauren | Flow Kristie | Flow Mel | Meditation 10:05am <small>Esther</small> |
| 10:30 am | Meditation Esther | | | Meditation Lauren | | | |
| 11:00 am | | | | | | Breathwork El | |
| 12:00 pm | | Slow Flow Lauren | Yin Kate | | | | |
| 4:00 pm | | | | | | | Yin Marley |
| 5:00 pm | | | | | Yin + Sound Ash | | |
| 5:45 pm | | Breathwork El | | | | | |
| 7:00 pm | Flow Esther | Yin Lauren | Slow Flow Esther | | | | |
| 8:00 pm | | | | Yin Nicole | | | |