



# Weekly Class Schedule

Day	Time	Class	Teacher	Level	Room
M O N	9:00 - 10:45 am	<b>HEATED</b> Hatha 3 Flow	Keila-Rae	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Hatha 1	Keila-Rae	L1	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	5:30 - 6:45 pm	Hatha 2	Sarah	L2	Downstairs
	5:30 - 6:45 pm	Evening Yin	Keila-Rae	ALL	Upstairs
	7:00 - 8:00 pm	<b>HEATED</b> Hatha 3A (1 Hr)	Keila-Rae	L 2 & 3	Downstairs
T U E S	7:30 - 8:30 am	Strength & Conditioning	Brandy	ALL	Upstairs
	9:00 - 10:30 am	Power Yoga w/ Strap Wall	Keila-Rae	L 2 & 3	Upstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	6:00 - 7:30 pm	Evening Yin	Ani	ALL	Upstairs
	7:00 - 8:00 pm	Hatha 1	Keila-Rae	L1	Downstairs
W E D	6:45 - 7:45 am	Morning Hatha Hour	Keila-Rae	ALL	Downstairs
	8:00 - 8:40 am	Group Meditation	No Charge	ALL	Downstairs
	9:00 - 10:45 am	<b>HEATED</b> Hatha 3 Flow	Keila-Rae	L 2 & 3	Downstairs
	9:30 - 10:45 am	Strap Wall Yoga	Sylvi	ALL	Upstairs
	11:00 - 12:30 pm	Hatha 1	Keila-Rae	L1	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	5:45 - 6:45 pm	Hatha 1	Keila-Rae	ALL	Downstairs
	6:00 - 7:30 pm	Evening Yin	Bloom	ALL	Upstairs
7:00 - 8:00 pm	<b>HEATED</b> Hatha 3B (1 Hr)	Keila-Rae	L 3	Downstairs	
T H U R	9:00 - 10:30 am	Vinyasa Flow	Junko	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Beginner's Yoga	Junko	L1	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Ani	ALL	Upstairs
	5:30 - 6:45 pm	Shakti Flow with Gong <i>*on hold from 721 - 8/11*</i>	Jill W.	ALL	Upstairs
	6:00 - 7:15 pm	Hatha 1/2/3 Mix	Keila-Rae	ALL	Downstairs
F R I	9:00 - 10:45 am	<b>HEATED</b> Hatha 3 Flow	Junko	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Hatha 1	Junko	L1	Downstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
S A T	9:00 - 10:30 am	Power Yoga	Alternating	L 2 & 3	Downstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	4:00 - 5:30 pm	Yin + Yang Flow	Sylvi	ALL	Upstairs
S U N	9:00 - 10:45 am	<b>HEATED</b> Silent Hatha 3	Alternating	L3	Downstairs
	Silent class is for experienced Hatha 3 students only. (3 months + Hatha 3 practice required) New students to the studio are required to have prior approval to attend Silent Class.				

Note: L1 = Level 1 Beginner    **HEATED** = Heated room, 99°F

Last update: 7/10/2022