



Day	Time	Class	Teacher	Level	Room
<b>M O N</b>	9:00 - 10:45 am	<b>HEATED</b> Hatha 3 Flow	Keila-Rae	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	11:00 - 12:30 pm	Hatha 1	Keila-Rae	L1	Downstairs
	6:00 - 7:15 pm	Yin Yoga with Yoga Nidra	Alice	ALL	Upstairs
	5:30 - 6:45 pm	Vinyasa Flow	Sarah	L 2 & 3	Downstairs
	7:00 - 8:00 pm	<b>HEATED</b> Hatha 3A (1 Hr)	Keila-Rae	L 2 & 3	Downstairs
<b>T U E S</b>	9:00 - 10:30 am	Strap Wall Yoga	Keila-Rae	L 2 & 3	Upstairs
	9:30 - 10:45 am	Hatha 1/2 Mix	Kelly L	L1 & 2	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	5:30 - 6:45 pm	Hatha 2	Carey	L 2 & 3	Downstairs
	7:00 - 8:00 pm	Restorative Yoga	Bloom	ALL	Upstairs
	7:00 - 8:00 pm	Hatha 1	Carey	L1	Downstairs
<b>W E D</b>	8:00 - 8:40 am	*Morning Meditation	Kimberly	ALL	Upstairs
	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	Yin Yoga	Sylvi	ALL	Upstairs
	11:00 - 12:30 pm	Hatha 1	Keila-Rae	L1	Downstairs
	5:30 - 6:45 pm	Power Yoga	Carey	L 2 & 3	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	
<b>T H U R</b>	9:00 - 10:30 am	Vinyasa Flow	Junko	L 2 & 3	Downstairs
	11:00 - 12:30 pm	Yin Yoga	Mariia	ALL	Upstairs
	11:00 - 12:15 pm	Beginner's Yoga	Junko	L1	Downstairs
	1:00 - 2:00 pm	Lunch Hour Vinyasa	Mariia	L 2 & 3	Downstairs
	5:30 - 6:45 pm	Shakti Flow with Gong	Jill W.	ALL	Upstairs
	5:30 - 6:45 pm	Hatha 2	Mariia	L 2 & 3	Downstairs
	7:00 - 8:00 pm	Hatha 1	Mariia	L1	Downstairs
<b>F R I</b>	9:00 - 10:45 am	<b>HEATED</b> Hatha 3 Flow	Junko	L 2 & 3	Downstairs
	9:30 - 10:45 am	Soundscape Meditation	Alice	ALL	Upstairs
	11:00 - 12:15 pm	Hatha 1	Junko	L1	Downstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
	4:00 - 5:00 pm	Meditation 101	Kimberly	ALL	Upstairs
<b>S A T</b>	9:00 - 10:30 am	Power Yoga	Junko	L 2 & 3	Downstairs
	11:00 - 12:15 pm	Hatha 1	Alternating	L1	Downstairs
	12:45 - 1:45 pm	Strength & Conditioning	Harumi	ALL	Upstairs
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL	Upstairs
<b>S U N</b>	9:00 - 10:45 am	<b>HEATED</b> Silent Hatha 3	Alternating	L3	Downstairs
	6:00 - 7:30 pm	Evening Yin	Bloom	ALL	Upstairs
	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

\*Wed Morning Meditation is by donation

Last update: 7/1/2024