



| Day | Time | Class | Teacher | Level | Room |
|--|------------------|-------------------------------|-------------|---------|------------|
| M O N | 9:00 - 10:45 am | HEATED 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 |
| | 5:30 - 6:45 pm | Power Yoga | Carey | L 2 & 3 | Downstairs |
| | 7:00 - 8:00 pm | HEATED Hatha 3A (1 Hr) | Keila-Rae | L 2 & 3 | Downstairs |
| T U E S | 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 |
| W E D | 8:00 - 8:40 am | *Morning Meditation | Kimberly | ALL | Upstairs |
| | 9:00 - 10:45 am | HEATED 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 |
| | 7:00 - 8:00 pm | HEATED 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 | 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 | ALL | 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 |
| F R I | 9:00 - 10:45 am | HEATED Hatha 3 Flow | Sarah | L 2 & 3 | Downstairs |
| | 11:00 - 12:15 pm | Hatha 1 | Junko | L1 | Downstairs |
| | 12:30 - 1:30 pm | Lunch Hour Vinyasa | Junko | ALL | Downstairs |
| | 2:00 - 3:30 pm | Yin Yoga | Sylvi | ALL | Upstairs |
| S A T | 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 |
| S U N | 9:00 - 10:45 am | HEATED Silent Hatha 3 | Alternating | L3 | Downstairs |
| | 6:00 - 7:30 pm | Evening Yin | Bloom | ALL | Upstairs |
| <p>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.</p> | | | | | |

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

*Wed Morning Meditation is by donation

Last update: 10/01/2024