



Weekly Class Schedule (Single Studio)

Day	Time	Class	Teacher	Level
M O N	9:00 - 10:45 am	HEATED Hatha 3 Flow	Keila-Rae	L 2 & 3
	11:00 - 12:30 pm	Hatha 1	Keila-Rae	L1
	1:00 - 2:30 pm	Yin Yoga	Sylvi	ALL
	5:30 - 6:45 pm	Power Yoga	Carey	L 2 & 3
	7:00 - 8:00 pm	HEATED Hatha 3A (1 Hr)	Keila-Rae	L 2 & 3
T U E S	9:00 - 10:30 pm	Power Yoga	Keila-Rae	L2 & 3
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL
	5:30 - 6:45 pm	Hatha 2	Carey	L 2 & 3
	7:00 - 8:00 pm	Hatha 1	Carey	L1
W E D	7:00 - 8:00 am	Sunrise Vinyasa	Tomoko	ALL
	9:00 - 10:45 am	HEATED Hatha 3 Flow	Keila-Rae	L 2 & 3
	11:00 - 12:30 pm	Yin Yoga	Sylvi	ALL
	5:30 - 7:00 pm	Candlelit Yin	Bloom	ALL
	7:30 - 8:30 pm	HEATED Hatha 3B (1 Hr)	Keila-Rae	L 3
T H U R	9:00 - 10:30 am	Vinyasa Flow	Junko	L 2 & 3
	11:00 - 12:15 pm	Beginner's Yoga	Junko	L1
	3:00 - 4:30 pm	Yin Yoga	Ani	ALL
	5:30 - 6:45 pm	Shakti Flow with Gong	Jill W.	ALL
	7:00 - 8:00 pm	Hatha 1	Alexis	L1
F R I	9:00 - 10:45 am	HEATED Hatha 3 Flow	Sarah	L 2 & 3
	11:00 - 12:15 pm	Hatha 1	Junko	L1
	12:30 - 1:30 pm	Lunch Hour Vinyasa	Junko	ALL
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL
	6:30 - 7:30 pm	Sattva Sound Bath	Keila-Rae &	ALL
	1st & 3rd Fridays	\$20 early / \$25 day-of	David	
S A T	9:00 - 10:30 am	Power Yoga	Junko	L 2 & 3
	11:00 - 12:15 pm	Hatha 1	Alexis / Tomoko	L1
	2:00 - 3:30 pm	Yin Yoga	Sylvi	ALL
	6:00 - 7:15 pm	Candlelit Restorative	Bloom	ALL
		STARTS FIRST WEEK OF DEC		
S U N	9:00 - 10:45 am	HEATED Silent Hatha 3	Alternating	L3
	6:00 - 7:30 pm	Candlelit Yin	Bloom	ALL
	Silent class is for experienced Hatha 3 students only. (3 months + Hatha 3 practice 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: 11/9/2025