



Ignite Yoga - Class Schedule Feb 1st - March 31st

Daily Classes at 8am, 9:30am 6pm & 7:30 pm – 4:30pm Tuesdays & Wednesdays

Weekends, 9am & 10:30am also available for Workshops, trainings, studio rentals and private classes

Our store is open weekdays from 12-4, Saturday 12-4, Closed Sunday & Monday

Class name	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Yin/ Restore	7:30pm		7:30pm	8:00am	8:00am 7:30pm		
Gentle Yoga	8:00am	6:00pm		9:30am			9:00am
Slow Flow HOT		8:00am 7:30pm		7:30pm	9:30am		10:30am
Vinyasa Flow HOT	9:30am	4:30pm	9:30am		6:00pm	9:00am	
Power Flow HOT	6:00pm	9:30am	8:00am 6:00pm	6:00pm		10:30am	
Deep Stretch HOT			4:30pm				

See you on your mat!!

