

IGNITE YOGA CLASS SCHEDULE

MONDAY

8:00AM - BACK Slow Flow **HOT**

9:30AM -BACK Power Flow **HOT**

6:00PM - BACK Power Flow **HOT**

7:30PM - BACK Yin / Restore

TUESDAY

8:00AM - BACK Gentle Yoga

9:30AM - BACK Power Flow **HOT**

6:00PM - BACK Vinyasa Flow **HOT**

7:30PM - BACK Slow Flow **HOT**

6:00PM - FRONT Sandbag
Restorative

7:30PM-FRONT Hot Stone
Restorative

WEDNESDAY

8:00AM - BACK Slow Flow **HOT**

9:30AM -BACK Vinyasa Flow **HOT**

6:00PM - BACK Power Flow **HOT**

7:30PM - BACK Yin / Restore

THURSDAY

8:00AM -BACK Deep Stretch **HOT**

9:30AM -BACK Vinyasa Flow **HOT**

6:00PM -BACK Power Flow **HOT**

7:30PM -BACK Slow Flow **HOT**

6:00PM - FRONT Slow Stretch

7:30PM - FRONT Hot Stone
Restorative

FRIDAY

8:00AM - BACK Vinyasa Flow **HOT**

9:30AM - BACK Deep Stretch **HOT**

6:00PM - BACK Deep Stretch **HOT**

7:30PM - BACK Vinyasa Flow **HOT**

SATURDAY

9:00 AM - BACK Vinyasa Flow **HOT**

10 :30AM -BACK Power Flow **HOT**

SUNDAY

9:00AM - BACK Gentle Yoga

10:30AM - BACK Slow Flow **HOT**



IGNITE YOGA

FIRST CLASS
FREE!!