



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

DEC 9

DEC 10

DEC 11

DEC 12

DEC 13

DEC 14

DEC 15

9am
Power Flow

10am
Slow Flow

10am
Vinyasa Flow

10:15am
Vinyasa Flow

5pm
Vinyasa Flow

6:15pm
Slow Flow

6pm
Vinyasa Flow

6pm
Broga, Yoga for Men

7pm
Yang & Yin

7:15pm
Restorative/Yin Fusion

7pm
Sound Bath (pre-registered)

7:30pm
Broga, Yoga for Men

7:30pm
Barefoot Bootcamp with Ellen (pre-registered)

7:30pm
Slow Flow

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