

9am
Vinyasa Flow 9am
Power Flow

10am
Slow Flow 10am
Vinyasa Flow

10:15am
Slow Flow 10:15am
Vinyasa Flow



5pm
Vinyasa Flow

5:45pm
Restorative/Yin
Fusion

6:15pm
Slow Flow

6pm
Slow Flow

6pm
Led Ashtanga
Primary Series
(pre-registered)

7pm
Led Ashtanga
Primary Series
(pre-registered)

7:30pm
Broga, Yoga for
Men

7:30pm
Vinyasa Flow

7:45pm
Slow Flow