



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

JAN 6

JAN 7

JAN 8

JAN 9

JAN 10

JAN 11

JAN 12

9am  
Power Flow

10am  
Slow Flow

10am  
Vinyasa Flow

10:15am  
Vinyasa Flow

5pm  
Vinyasa Flow

5:45pm  
Restorative/Yin  
Fusion

6:15pm  
Slow Flow

6pm  
Led Ashtanga  
Primary Series  
(pre-registered)

6pm  
Slow Flow

7pm  
Yang & Yin

7pm  
Led Ashtanga  
Primary Series  
(pre-registered)

7:30pm  
Broga, Yoga for  
Men

7:30pm  
Vinyasa Flow

7:45pm  
Slow Flow

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