

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Easy Beginners //Kate 9-10	Power Yoga Basics //Joe 10-11	Easy Beginners //Joe 9-10	Restorative Flow //Joe 10-11	Easy Beginners //Kate 9-10		Easy Beginners //Joe 9-10
NOON	Power Yoga //Kate 10:30-11:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Joe 12-12:45	Power Flow 45 //Kate 12-12:45	Power Flow 45 //Joe 12-12:45	Restorative Flow //Joe 10:30-11:30
AFTERNOON						Power Flow 45 //Joe 3:00-3:45	
EVENING		Power Yoga //Joe 4-5	Power Yoga Basics //Joe 4-5	Restorative Flow //Joe 4-5	Easy Beginners //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
		Restorative Flow //Joe 5:30-6:30	Easy Beginners //Joe 5:30-6:30	Easy Beginners //Joe 5:30-6:30			
	Easy Beginners //Joe 7-8	Power Yoga Beats //Crystal 7-8	Power Yoga //Joe 7-8	Restorative Flow //Kate 7-8			

Class Descriptions

Yoga Nidra
30 minutes of guided meditation done laying down on the floor, leaving your mind and body feeling completely relaxed.
Room Temp (20°)

Easy Beginners
For brand new beginners or anybody looking for a slow-paced & gentle yoga class. Not hard and not hot!
Room Temp (20°)

Power Yoga Basics
A slower version of Power Yoga, introducing the basics of power yoga.
Warm Room (24°)

Restorative Flow
Starts as vinyasa flow and finishes with longer holds in hip openers and other restorative postures. Not your typical Restorative practice.
Mild Heat (up to 27°)

Power Yoga
Our most challenging class, this Baptiste-style power yoga class links breath and movement to increase flexibility and strength.
Full Heat (up to 30°)

Power Yoga
Power Yoga set to music.

Power Flow 45
Power Yoga in 45 minutes.
Full Heat (up to 30°)

Holiday Schedule

CHRISTMAS EVE
Friday, December 24th

9 am Easy Beginners
10:30 am Restorative Flow
Noon Power 45

CHRISTMAS DAY
Saturday, December 25th

CLOSED

BOXING DAY
Sunday, December 26th

9 am Easy Beginners
10:30 am Power Yoga

NEW YEAR EVE
Friday, December 31st

9 am Easy Beginners
10:30 am Restorative Flow
Noon Power 45

NEW YEARS DAY
Saturday, January 1st

9 am Easy Beginners
10:30 am Restorative Flow