

| | <i>Sunday</i> | <i>Monday</i> | <i>Tuesday</i> | <i>Wednesday</i> | <i>Thursday</i> | <i>Friday</i> | <i>Saturday</i> |
|------------------|--------------------------------------------------|-----------------------------------------------|---------------------------------------------------|---------------------------------------------|------------------------------------------------|---------------------------------------------|-------------------------------------------------|
| 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 | Restorative Flow //Joe 10-11 | Easy Beginners //Joe 9-10 |
| | Power to Stretch //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 |
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| | | 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 | | | |
| AFTERNOON | | Easy Beginners //Joe 7-8 | Restorative Flow //Crystal 7:30-8:30 | Power Yoga //Joe 7-8 | Restorative Flow //Kate 7:30-8:30 | | |
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| EVENING | | | | | | | |
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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 (23°)

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 25°)

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 28°)

Power to Stretch
45-minute Power flow with 30 minutes of deep stretching and rest afterwards.
Full Heat (up to 28°)

Power Flow 45
Power Yoga in 45 minutes.
Full Heat (up to 28°)

Schedule Modifications for Holidays & Special Classes

Thanksgiving, Monday, October 10th

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

Men's Yoga Workshop—FREE
Saturday, October 15th at Noon