

	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	Restorative Flow //Joe 10-11	Easy Beginners //Joe 9-10
NOON	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
AFTERNOON		Power Yoga //Joe 4:30-5:30	Power Yoga Basics //Joe 4:30-5:30	Restorative Flow //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
EVENING		Restorative Flow //Joe 5:45-6:30	Easy Beginners //Joe 5:45-6:30	Easy Beginners //Joe 5:45-6:30			
	Easy Beginners //Joe 7-8	Restorative Flow //Crystal 7:15-8:15	Power Yoga //Joe 7-8	Restorative Flow //Kate 7:15-8:15			

**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*

Remembrance Day, Friday, November 11th

10 am Restorative Flow class cancelled • Noon Power Flow 45 and 4:30pm Easy Beginners still on

**Teen Athlete Workshop—FREE**  
Saturday, November 12th at Noon