

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	Easy Beginners //Kate 9-10 <i>with Lavender Towels</i>	Restorative Flow //Joe 9-10	Easy Beginners //Joe 9-10	PowerYoga Basics //Joe 9-10	Easy Beginners //Kate 9-10	Restorative Flow //Joe 9-10	Easy Beginners //Joe 9-10
NOON	Power to Stretch //Kate 10:30-11:45 <i>with Lavender Towels</i>	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		Restorative Flow //Joe 4:30-5:30	Power Yoga Basics //Joe 4:30-5:30	Easy Beginners //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	Easy Beginners //Joe 4:30-5:30	
EVENING		Easy Beginners //Joe 5:45-6:45	Restorative Flow //Crystal 6-7 <i>with music and Lavender Towels</i>	Power to Stretch //Kate 6-7:15 <i>with Lavender Towels</i>	Restorative Flow //Kate 6-7		
	Hot UpTempo Flow //Joe 7-7:45						

Class Descriptions

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 PowerYoga, 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°)

Hot UpTempo Flow

Extra hot and moves at a quicker pace than power flow.

Full Heat (up to 28°)

Holiday Hours

Christmas Eve, Sunday, December 24th: Open Normal Hours

Christmas Day, Monday, December 25th: Closed

Boxing Day, Tuesday, December 26th: SPECIAL SCHEDULE 9am

Easy Beginners and 10:30 am Restorative Flow

New Year's Eve, Sunday, December 31st: Open Normal Hours

New Year's Day, Monday, January 1st: SPECIAL SCHEDULE: 9am

Easy Beginners and 10:30 am Restorative Flow