

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	<b>Easy Beginners</b> //Kate 9-10 <i>with Lavender Towels</i>	<b>Restorative Flow</b> //Joe 9-10	<b>Easy Beginners</b> //Joe 9-10	<b>PowerYoga Basics</b> //Joe 9-10	<b>Easy Beginners</b> //Kate 9-10	<b>Restorative Flow</b> //Joe 9-10	<b>Easy Beginners</b> //Joe 9-10
NOON	<b>Power to Stretch</b> //Kate 10:30-11:45 <i>with Lavender Towels</i>	<b>Power Flow 45</b> //Joe 12-12:45	<b>Power Flow 45</b> //Joe 12-12:45	<b>Power Flow 45</b> //Joe 12-12:45	<b>Power Flow 45</b> //Kate 12-12:45	<b>Power Flow 45</b> //Joe 12-12:45	<b>Restorative Flow</b> //Joe 10:30-11:30
AFTERNOON		<b>Restorative Flow</b> //Joe 4:30-5:30	<b>Power Yoga Basics</b> //Joe 4:30-5:30	<b>Easy Beginners</b> //Joe 4:30-5:30	<b>Easy Beginners</b> //Kate 4:30-5:30	<b>Easy Beginners</b> //Joe 4:30-5:30	
EVENING		<b>Easy Beginners</b> //Joe 5:45-6:45	<b>Restorative Flow</b> //Crystal 6-7 <i>with music and Lavender Towels</i>	<b>Power to Stretch</b> //Kate 6-7:15 <i>with Lavender Towels</i>	<b>Restorative Flow</b> //Kate 6-7		
	<b>Hot UpTempo Flow</b> //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

New Year's Day, Monday, January 1st: SPECIAL SCHEDULE: 9am Easy Beginners and 10:30 am Restorative Flow