

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING</b>	<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
<b>NOON</b>	<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
<b>AFTERNOON</b>		<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	
<b>EVENING</b>		<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

Family Day, Monday, February 19th: SPECIAL SCHEDULE: 9am Easy Beginners and 10:30 am Restorative Flow