

	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>Power Yoga 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 Yoga Basics</b> //Kate 6-7	<b>Restorative Flow</b> //Kate 6-7			
		<b>Power Flow 45</b> //Shannon 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 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°)**

**Hot UpTempo Flow**  
 Extra hot and moves at a quicker pace than power flow.  
**Full Heat (up to 28°)**

## Holiday Hours:

*Remembrance Day, Monday November 11th*  
 ONE CLASS ONLY: 9am All-Levels Beginner-friendly Yoga with Joe