

SUPERNOVA POWER YOGA



	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	Power Yoga 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	Mom & Baby //Kate 10:30-11:30	Power Flow 45 //Joe 12-12:45	Restorative Flow //Joe 10:30-11:30	
AFTERNOON		All Levels Flow //Joe <i>Beginner-Friendly</i> 4:30-5:30	Restorative Flow //Crys 4:30 -5:30 <i>with music and Lavender Towels</i>	Easy Beginners //Joe 4:30-5:30	Easy Beginners //Kate 4:30-5:30	All Levels Flow //Crys <i>Beginner-Friendly</i> 4:30-5:30		
EVENING		Power Flow 45 //Joe 6-7	Power Yoga Basics // Shannon 6-7	Power Flow 45 //Joe 6-7	Restorative Flow //Kate 6-7			

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°)

All Levels Flow
 Vinyasa flow class for all levels.
Room Temp

Mom & Baby
 This gentle and playful class is suitable for moms and their babies (who aren't walking yet).
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 Flow 45
 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°)