SUPERNOVA POWER YOGA

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORNING	**Beginners Yoga** //Kate 9-10 ***with Lavender Towels***	**Restorative Flow** //Joe 9-10	**Beginners Yoga** //Joe 9-10	**Power Yoga Basics** //Joe 9-10	**Beginners Yoga** //Kate 9-10	**Restorative Flow** //Joe 9-10	**Beginners Yoga** //Joe 9-10
NOON	**Power to Stretch** //Kate 10:30-11:45 ***with Lavender Towels***	**Power Yoga** //Joe 12-12:45	**Power Yoga** //Joe 10:30-11:30	**Power Yoga** //Joe 12-12:45		**Power Yoga** //Joe 12-12:45	**Restorative Flow** //Joe 10:30-11:30
AFTERNOON		**All Levels Flow** //Joe ***Beginner-Friendly*** 4:30-5:30	**Restorative Flow** //Crys 4:30 -5:30 ***with music and Lavender Towels***	**Beginners Yoga** //Joe 4:30-5:30	**Beginners Yoga** //Kate 4:30-5:30	**All Levels Flow** //Crys ***Beginner-Friendly*** 4:30-5:30	
EVENING		**Power Yoga** //Joe 6-6:45	**Power Yoga Basics**// Shannon 6-7	**Power Yoga** //Joe 6-6:45	**Restorative Flow** //Kate 6-7		

Class Descriptions

Beginners Yoga
Our slower paced vinyasa yoga class linking breath and movement geared towards beginners.
Room Temp (20°)

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

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°)

supernovapoweryoga.com