

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 AM	Power Flow		Slow Flow		Power Flow		
7:00 AM		Yin		Yin Flow			
8:00 AM							
9:00 AM		Slow Flow			Slow Flow	Slow Flow 75	
10:00 AM	Mindfulness Yoga						
11:00 AM							
12:00 PM				Power Flow			
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM	Yin Flow	Restorative Yoga	Gentle Basics	Mindfulness Yoga			
6:00 PM	Hatha 75		Yin				
7:00 PM		Candlelight Flow		Unwind			
8:00 PM							