

MONDAY

- 6-7a  Power Flow
- 4:30-5:30p  Yin Flow
- 6-7p  Outdoor Vinyasa Flow

TUESDAY

- 6:30-7:30a  Yin
- 9-10a  Slow Flow
- 4:30-5:30p  Restorative Yoga
- 7-8p  Candlelight Flow

WEDNESDAY

- 6-7a  Slow Flow
- 9-10a  Chair Yoga For All
- 12-12:45p  Outdoor Power 45
- 4:30-5:30p  Barre
- 6-7p  Yin

THURSDAY

- 6:30-7:30a  Yin Flow
- 9:30-10:30a  Core Flow
- 4:30-5:45p  Mindful Movement
- 6:30-7:30p  Core Flow

FRIDAY

- 6-7a  Power Flow
- 9-10a  Slow Flow

SAT

- 8:30-9:45a  Flow 75  
(Teacher's Choice)

SUN

- 9-10:15a  Outdoor Hatha Flow
- 2:45-3:45p  Slow Flow
- 4-4:45p  iRest Meditation