

The Yoga Space – FALL 2022 SCHEDULE  
 (Begins Sept 6, 2022)

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00 AM	Power Flow	Yin		Yin Flow	Power Flow		
7:00 AM			Sunrise Flow				
8:00 AM							
9:00 AM	Mindful Movement 75	Slow Flow	Yin Flow	Slow Flow	Slow Flow	Teacher's Choice 75	Hatha Flow 75
10:00 AM					Yoga Rx (9:45a)		
11:00 AM			Chair Yoga For All	Core Flow			
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							Slow Flow 2:45p
4:00 PM	Slow Flow						iRest Meditation
5:00 PM		Yoga Fundamentals 75	Barre				
6:00 PM	Power Flow		Yin	Mindful Movement 75			
7:00 PM		Candlelight Flow					
8:00 PM							