

MONDAY

- 6-7a  Power Flow
  - 9-10:15a  Mindful Movement 75
  - 4:30-5:30p  Core & Balance
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TUESDAY

- 6-7a  Yin
  - 8:30-9:45a  Slow Flow 75
  - 5:30-6:30p  Barre
  - 7-8p  Candlelight Flow
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WEDNESDAY

- 6-7a  Sunrise Flow
  - 9-10a  Yin Flow
  - 10:30-11:30a  Chair Yoga For All
  - 4:30-5:30p  Barre
  - 6-7p  Yin
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THURSDAY

- 6-7a  Yin Flow
  - 9-10a  Slow Flow
  - 5:30-6:45p  Mindful Movement 75
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FRIDAY

- 6-7a  Power Flow
  - 9-10a  Gentle Yoga
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SAT

- 8:30-9:45a  Teacher's Choice 75
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SUN

- 9-10:15a  Hatha 75
- 4-5p  Slow Flow