



Mondays:

10:30am Gentle Aerial Yoga
4:30pm Yoga Shapeshifting
6:00pm Candlelight Yin Yoga

Wednesdays:

10:30am Aerial Yoga for Strength – **New!**
4:30pm Hatha Flow
6:00pm Blissed Out

Fridays:

5:30pm Zen & Tonic

Saturdays:

9:00am Hot Detox Flow
Jan 11th 10:30am Morning Mobility
Jan 25th 10:30am Morning Mobility

Sundays:

10am Vin/ Yin
Jan 12th -11:30am \$15 - Om Gentle Yoga
Jan 26th – 11:30am \$15 Om Gentle Yoga

Tuesdays:

9:15am Yoga Lab – **New!**
10:30am Hot Detox Flow
4:30pm Yin Yoga – **New!**
6:00pm Hot Detox Flow

Thursdays:

9:15am **Free** Hot Yoga Flow
4:30pm Yoga Shapeshifting
6:00pm Hot 26 & 2

Friday Pop-up's in January:

Jan 3rd – 10:30am Hot 26 & 2
Jan 17th – 10:30am Hot Vinyasa Flow

Saturday Pop-up's in January:

Jan 4th - 10:30am Vinyasa Flow
Jan 18th – 10:30am Mobility Flow

Sunday Pop-up's in January:

Jan 5th – 10:00am Vin/Yin
Jan 5th – \$15 - Slow Gentle Vinyasa Yoga
Jan 19th – 9:00am Gentle Yoga Flow
Jan 19th – 10:30am Yin Yoga
Jan 19th – 12:00pm – Vin/Yin



Living Beyond Yoga

Beginners & Beyond