

Autumn Class Schedule

Monday

11:30am - Back & Hips
5:00pm - Intro to Yoga Series
6:15pm - Yogafit
7:30pm - Stretch & Strengthen

Tuesday

9:30am - Yogafit
11:00am - Chair Yoga
4:30pm - Kids Yoga (ages 9-12)
6:00pm - Gentle Flow
7:15pm - Intro to Yoga Series
8:30pm - Restorative Yoga

Wednesday

7:00am - Rise & Shine Yoga
9:00am - Back & Hips
4:30am - Kids Yoga (ages 6 - 8)
6:00pm - Yoga for Core Strength
7:15pm - SPA Yoga

Thursday

9:30am - Stretch & Strengthen
11:00am - Chair Yoga
5:30pm - Gentle Flow
6:45 - Stretch & Strengthen

Friday

10:00am - Yin Yoga

Saturday

8:00am - All-Levels Flow

Sunday

10:00am - Stretch & Strengthen
6:00pm - Yoga Nidra