

Class Schedule

Monday

9:30am - Stretch & Strengthen
11:30am - Back & Hips
5:30pm - Yogafit
6:15pm - Back & Hips
8:00pm - Rest & Release

Tuesday

9:30am - Stretch & Strengthen
6:00pm - Yoga for Core Strength
7:15pm - Easy Flow

Wednesday

9:00am - Back & Hips
11:00am - Pilates
5:30pm - Yoga with Weights
7:00pm - SPA Yoga

Thursday

9:30am - Stretch & Strengthen
11:00am - Chair Yoga
5:30pm - Yoga for Core Strength

Friday

9:30am - Yin Yoga
11:00am - Yoga with Weights

Saturday

8:00am - All-Levels Flow
9:15am - Gentle Flow

Sunday

10:00am - Stretch & Strengthen
5:00pm - Yoga Nidra