

Autumn Class Schedule

Monday

9:30am - Yin Yoga
11:30am - Back & Hips
6:15pm - Yogafit
7:30pm - Back & Hips

Tuesday

9:30am - Stretch & Strengthen
10:45am - Mom & Baby
4:45pm - Yoga w/ weights
6:00pm - Gentle Flow
7:15pm - Intro to Yoga Series
8:30pm - Restorative Yoga

Wednesday

6:30am - Rise & Shine Yoga
9:00am - Back & Hips
6:00pm - Yoga for Core Strength
7:15pm - SPA Yoga

Thursday

9:30am - Stretch & Strengthen
11:00am - Chair Yoga
5:30pm - Gentle Flow
7:00pm - Yin yoga

Friday

9:30am - Yin Yoga
11:00am - Yoga w/ weights

Saturday

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

Sunday

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