



Winter Class Schedule

Monday

11:30am - Back & Hips
6:00pm - Stretch & Strengthen
7:15pm - Yogafit

Tuesday

9:30am - Yogafit Series
6:00pm - Gentle Yoga
7:15pm - Intro to Yoga Series
8:30pm - Restorative Yoga

Wednesday

6:00pm - Yoga for Core Strength
7:15pm - SPA Yoga

Thursday

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

Friday

10:00am - Yin Yoga

Saturday

7:45am - All-Levels Flow
9:00am - Stretch & Strengthen
10:15am - Yoga "Reboot" Series

Sunday

10:00am - Yang-Yin Yoga

~ Please check website for class updates & to register ~