

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
5:30pm – Yoga for Core Strength
6:45pm – Gentle Flow

Wednesday

9:00am – Back & Hips
11:00am – Pilates
2:00pm – Yin Yoga
5:30pm – Yoga with Weights
7:00pm – SPA Yoga

Thursday

9:30am – Stretch & Strengthen
11:00am – Chair Yoga
5:30pm – Yoga for Core Strength
6:45pm – All-levels Vinyasa Flow

Friday

9:30am – Yin Yoga
11:00am – All-levels Vinyasa Flow

Saturday

9:15am – Gentle Flow
10:30am – Meditation (by-donation)

Sunday

10:00am – Stretch & Strengthen
3:30pm – Gentle Flow
5:00pm – Yoga Nidra

~Please check website for class updates & to register~