



2026 Winter Schedule, January 1- March 31

Subject to change, live schedule and booking through Mindbody browser or App!

	MON	TUES	WED	THURS	FRI	SAT	SUN
630AM	Free Meditation	Hot Flow*	Ashtanga*	Fusion*	Fusion*		
					Free Meditation		
700AM						Hot Hatha**	Hot Hatha**
730AM						Flow*	
800AM	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation	Free Meditation
8:30AM		Functional Yoga***					Pre/Postnatal** (8:45am)
9AM	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Fusion*	Hot Hatha**	Hot Hatha**	Hot Hatha**
	Flow*		Flow*		Flow*	Flow**	Flow**
10AM						Open Sauna	Open Sauna
						Open Sauna	Open Sauna
1030AM	Postnatal**	Gentle**	Gentle Yin**	Gentle**	Yin Flow**	Gentle**	Gentle**
		Elemental **					
11AM						Sculpt Yoga*	Open Sauna
						Open Sauna	
NOON	Fusion*	Hot Hatha*	Fusion*	Hot Hatha*	Fusion*	Fusion*	Fusion*
	Therapeutic Spine**	Gravity**		Therapeutic Spine**		Open Sauna	Open Sauna
12:30PM			Free Meditation + Discussion*				
2PM						Sweat+Chill**	Elemental **
400PM	Hot Hatha*		Hot Hatha*	Sculpt Lite*80°	Silent Hot**		Gentle Yin***
	Open Sauna		Slow Flow*				Hot Hatha***
	Therapeutic Gentle **		Kids Yoga* (ages 5-10)		Gentle*		Yoga Tools for Recovery**
5PM	Open Sauna		Open Sauna				
530PM	Flow Fire 90***	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Community Flow*		
	Hot Hatha**	Flow*	Free Meditation + Discussion*	Align+Flow**	Sculpt Yoga*		
		Free Meditation Gravity**		Free Meditation			
600PM	Open Sauna	Restorative w/ MFR***	Yin Flow w/ Nidra***	Restorative w/ Nidra**	Gravity**		Hot Hatha**
	Gentle Yin***		Open Sauna				
	Free Meditation (begins 3/2)						
700PM	Open Sauna	Slow Flow*	Open Sauna	Elemental **	Warm Yin+Nidra***		
		Gravity**					
715PM	Sweat+Chill**		Hot Hatha**	Flow*	Hot Hatha**		

Unheated 85° 95-105° Forest Room/ Buddha Hall *60 Min ** 75 Min ***90 Min / Free Meditation 45mins or *60min

