



2024 Fall Schedule Oct 1st - Jan 1st

Unheated
85°
95-105°
Forest Room

	MON	TUES	WED	THURS	FRI	SAT	SUN
630AM		Fusion 60 min	Ashtanga Flow (6:15-7:30)	Fusion* 60 min			
700AM						Hot Hatha 90 min	Hot Hatha 75 min
730AM						Flow* 60 min	Flow* 60 min
9AM	Hot Hatha 75 min	Sculpt Yoga* 60 min	Hot Hatha 75 min	Fusion 60 min	Hot Hatha 75 min	Hot Hatha 75 min	Hot Hatha 75 min
	Flow* 60 min		Flow* 60 min		Flow* 60 min	Flow* 75 min	Flow* 75 min
1030AM		Gentle* 75 min	Gentle Yin* 75 min	Pre/Postnatal (10-11:15am)		Gentle* 75 min	Gentle w/Nidra* 75 min
				Gentle w/MFR* 75 min			
11AM						Sculpt Yoga 60 min	
NOON	Fusion 60 min	Hot Hatha 60 min	Fusion 60 min	Hot Hatha 60 min	Fusion 60 min	Fusion 60 min	Fusion 60 min
	Therapeutic Spine Strength 75min	Therapeutic Slow Flow* 90 min		Therapeutic Spine Strength 75 min	Flow w/ Meditation* 75 min		Mantra & Meditation 60 min
400PM	Hot Hatha 60 min		Hot Hatha 60 min		Silent Hot Hatha 75 min	Silent Hot Hatha 90 min	Gentle Yin w/Nidra* 90 min
	Therapeutic Gentle* 75 min (14 person max)		Slow Flow 1hr		Gentle* 60 min		Hot Hatha 90 min
			Kids Yoga Ages 6-10 1hr				
530PM	Hot Hatha 75 min	Hot Hatha 75 min	Sculpt Yoga 60 min	Hot Hatha 75 min	Community Flow 60 min		
		Gravity Yoga 75 min		Gravity Yoga 75 min			
	Flow Fire* 90° 75min	Flow* 60 min		Flow* 75 min			
600PM	Restorative w/MFR 90 min		Yin Flow w/Nidra* 75mins	Gentle Restorative w/Nidra* 75 min (Oct 17)			MFR & Restore 90 min
700PM	Hot Hatha 75 min	Slow Flow* 1hr	Hot Hatha 75 min	Fusion 60 min	Hot Hatha 75 min		
		Hot Hatha 75 min		Silent Hot Hatha 75 min		Warm Yin 75 min (Oct 18)	

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Questions? Email: admin@trueself.yoga