



2025 Winter Schedule Jan 1st - April 1st

	MON	TUES	WED	THURS	FRI	SAT	SUN
530AM			Hot Hatha**				
630AM	Rocket ** (6:15-7:30)	Hot Flow*	Ashtanga Flow ** (6:15-7:30)	Fusion*			
700AM						Hot Hatha***	Hot Hatha**
730AM						Flow*	Flow*
800AM	45min Free Meditation	45min Free Meditation	45min Free Meditation	45min Free Meditation	45min Free Meditation	45min Free Meditation	45min Free Meditation
9AM	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Fusion*	Hot Hatha**	Hot Hatha**	Hot Hatha**
	Flow*		Flow*		Flow*	Flow**	Flow** Pre/Postnatal*
1030AM		Gentle w/ Meditation**	Gentle Yin**	Gentle**		Gentle**	Gentle w/ Nidra**
			Pre/Postnatal** (10:15-11:45)				
11AM						Sculpt Yoga*	
NOON	Fusion*	Hot Hatha*	Fusion*	Hot Hatha*	Fusion*	Fusion*	Fusion*
	Therapeutic Spine**	Therapeutic Slow Flow***	Flow*	Therapeutic Spine**			Elemental Yoga Orientation**
400PM	Hot Hatha*		Hot Hatha*		Silent Hot**	Silent Hot***	Gentle Yin w/Nidra***
	Therapeutic Gentle **		Slow Flow*		Gentle*		Hot Hatha***
				Kids Yoga*		Kids Yoga*	
530PM	Hot Hatha**	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Community Flow*		
	Gravity**	Elemental Yoga Orientation***	Gravity**	Flow**	Sculpt Yoga*		
	Flow Fire 90°**	Flow*					
600PM	Restorative w/ MFR***		Yin Flow w/ Nidra***	Gentle Restorative w/ Nidra**			Restorative w/ MFR***
			Rocket**			Hot Hatha**	
							Mantra & Meditation*
700PM	Gravity**	Slow Flow*	Gravity**	Fusion*			
715PM	Hot Hatha**	Hot Hatha**	Hot Hatha**	Silent Hot**	Hot Hatha**		

Unheated 85° 95-105° Forest Room/Meditation Hall Orientation Required

*60 Min ** 75 Min ***90 Min

Free guided meditation in our Meditation Hall daily through February 28th, 8:00-8:45am.
Reserve your next class using the MindBody App!