



# 2025 Spring Schedule April 1<sup>st</sup> - June 1<sup>st</sup>

	MON	TUES	WED	THURS	FRI	SAT	SUN
530AM			Hot Hatha**				
630AM		Hot Flow*	Ashtanga**	Fusion*	Fusion*		
700AM						Hot Hatha***	Hot Hatha** Flow***
730AM						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*
10AM		Elemental Yoga**					
1030AM		Gentle w/ Meditation**	Gentle Yin** Pre/Postnatal** (10:15-11:45)	Gentle**		Gentle**	Gentle w/ Nidra**
11AM						Sculpt Yoga*	
NOON	Fusion*	Hot Hatha*	Fusion*	Hot Hatha*	Fusion*	Fusion*	Fusion*
	Therapeutic Spine**	Therapeutic Slow Flow*** Gravity**		Therapeutic Spine**			Elemental Yoga**
1:30PM						Elemental Yoga**	
400PM	Hot Hatha*		Hot Hatha*	Sculpt Lite*	Silent Hot**	Silent Hot***	Gentle Yin w/Nidra***
	Therapeutic Gentle **		Slow Flow* Kids Yoga*		Gentle* Kids Yoga*		Hot Hatha***
530PM	Hot Hatha**	Hot Hatha**	Sculpt Yoga*	Hot Hatha**	Community Flow*		
	Gravity**	Elemental Yoga**	Gravity**	Flow**	Sculpt Yoga*		
	Flow Fire 90°	Flow*	Rocket**				
600PM	Restorative w/ MFR***		Yin Flow w/ Nidra***	Gentle Restorative w/ Nidra**			Restorative w/ MFR*** Hot Hatha** Mantra & Meditation*
700PM	Gravity**	Slow Flow*	Gravity**	Fusion*	Warm Yin***		
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, 8:00-8:45am.  
Reserve your next class using the MindBody App!